

Get ^{Inside} Outside

HELPING MORE PEOPLE TO GET OUTSIDE MORE OFTEN

EXPLORE YOUR MOUNTAINS

A starter guide to safely walking in the mountains

THE OUTSIDE, IN

Stay motivated and inspired with tips for getting through COVID-19 lockdown

FUEL YOUR WORKOUT

Recipe ideas from a top runner to help you fuel



BELIEF IN ADVENTURE

The fascinating story of the woman scared of the sea who paddleboarded across the UK

THE GREAT OUTDOORS IN MIND

The outdoors and its benefits to your mental health, by those in the know



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WELCOME



You may have noticed a few changes to your usual *Getting Active Outdoors* magazine – introducing *GetOutside Inside* magazine.

There are a number of reasons for this change so let's start with the most pressing and obvious; the relaunch of our magazine, as part of a new partnership with Ordnance Survey's GetOutside initiative and the Outdoor Industries Association (OIA), comes at a challenging time for the world as we navigate our way through the COVID-19 pandemic. There is not one person, it seems, who is unaffected in some way by the Coronavirus outbreak, and for all of us, it is about finding a way through this period of isolation and uncertainty the best way we can.

And so, we have named our magazine *GetOutside Inside* to help inspire you to stay active, educated and entertained during this period where you are unable to go about your daily life. It takes its name from Ordnance Survey's newly named initiative that is designed to help support the nation at this time. Looking for ideas to keep the kids occupied? The *GetOutside Inside* hub has it covered. Wanting some suggestions on how you can stay active while not venturing from your house or garden? Check out some of the amazing ideas (including this great video from Professor Greg Whyte).

The fact is, right now, our adventures in the great outdoors are on hold, but it doesn't mean you can't be inspired for the future, that you can't keep moving, or that you can't brush up on your skills for when we can get back outside. And whether you seek ideas through the hub ([click here](#) to read more) or through the pages of this magazine, we hope that you feel motivated, entertained and inspired to #GetOutsideInside

It's important to note that over the pages of this magazine, you will find some articles that

were penned prior to the outbreak, which were created to inspire you to discover the outdoors. And so, for the time being, these articles must act as ideas for the future when you are allowed to revisit the outdoors. For now, it's critically important to follow the Government advice, which remains:

- Stay at home.
- Only go outside for food, health reasons or work (but only if you cannot work from home). You are allowed one form of exercise a day, for example a run, walk, or cycle, alone or with members of your household.
- If you go out, stay two metres (6ft) away from other people at all times.
- Wash your hands as soon as you get home.
- Do not meet others, even friends or family.
- You can spread the virus even if you don't have symptoms.

We hope that our magazine offers you some light relief and, when we are allowed to post-Coronavirus, helps to bring you closer to the outdoors.

For our next issue, we plan to return to our long-term rebrand, which will be *GetOutside* magazine, so keep an eye out for our next issue in the autumn. And don't forget to keep checking our social media (@getoutsidemag) for all the latest updates.

Rachel, Editor



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A WORD FROM OUR PARTNERS



Andrew Denton, OIA Chief Executive

everything we do and here it is no different. A magazine whose mission is to inspire you to be active outdoors launches its new edition with a country in lockdown!

We love the outdoors here, it's in our DNA. It's where we feel alive. It's where we smile more, take on adventures and make memories, and we want to share this and during these



Nick Giles, Managing Director,
Ordnance Survey

new places to explore, things to see and stories

Dear *GetOutside* readers. Well, we never thought our first issue under the new masthead, *GetOutside*, would have the firm message 'stay inside' as its theme! The COVID-19 crisis has, of course, overtaken

tough times, to try and help this to continue.

Not getting outside as freely as we're used to is going to be a bit of a challenge for us all but during this difficult time, whilst we can't encourage people to engage with the outdoors as we are used to, this doesn't mean that we can't help our readers to fulfil their love of the outdoors in a different way.

So, to keep audiences engaged and to help us all once we emerge from this crisis and lockdown, we have launched an exciting new channel of information, learning and advice under the banner *GetOutside Inside*. It will include a dedicated YouTube channel, education, inspiration and information, things to do with your kids indoors and in your garden and plans for longer adventures once this is all over. We have outdoor celebrities as well, prizes and more – so enjoy this magazine, use the links in it to go to our hub at www.GetOutside.uk/Inside, and we will see you all on the other side when it's safe to get outside again!

to uncover, but, understandably, we can't do this right now. However, what we can do during this difficult time is to help you stay connected with the outdoors in different ways.

From useful tips and helpful advice to keep ourselves active in our homes, *GetOutside Inside* aims to educate, entertain and inspire, no matter what your age or ability. We're thrilled to be partnering with Target Publishing and the Outdoor Industries Association, who both share our passion to help more people to get outside more often, and I sincerely hope that we'll all soon be putting our shoes back on, following our passion and getting outside.

But until then, we can #GetOutsideInside.



GetOutside



Outside is where I feel alive

The outdoors is for everyone and the best of Britain is there waiting for you to explore. Turn every journey from your doorstep into an adventure with inspiring stories, tips, ideas and advice to make the most of your time outside.

Join in at GetOutside.uk



 Ordnance Survey

#GetOutside



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WHATEVER THE ADVENTURE, STAY ACTIVE WITH GRANGERS



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INSIDE LINES

Learning how to bring the outside, inside

If you are in need of some inspiration and motivation to support you and your family through the COVID-19 lockdown, then a brand new initiative can help.

Ordnance Survey, in partnership with the Outdoor Industries Association (OIA), has launched the new GetOutside Inside Hub, with the support of more than 50 outdoor organisations, experts and celebrities including Iwan Thomas, Ben Fogle, Julia Bradbury, Sean Conway and Professor Greg Whyte to support physical and mental wellbeing.

The hub, which can be found by [clicking here](#) and is part of Ordnance Survey's GetOutside initiative, offers something for everyone, including a series of lively daily tips, challenges, puzzles, blogs, videos, virtual tours and activities to keep everyone physically active during these unprecedented times.

The hub officially launched with a special step challenge, in which Iwan, a former world champion athlete turned TV presenter, called on people from across Great Britain and Europe to join him to climb stairs, step on the spot, anything, and record the number of steps they did (including the *GetOutside Inside* magazine team). OS created a calculator especially for the challenge that converted the number of steps you have done into how far up a building or mountain you would have climbed. It is hoped the effort will create a new World Record for the number of people doing steps simultaneously and we will bring you the results on our social media (@getoutsidemag).

Iwan commented: "It's a very weird situation we are living in, and so it is especially important that while we isolate ourselves to support the NHS and Government's efforts to overcome this dreadful virus, we all look after our mental and physical health and



the mental and physical health of others. *GetOutside Inside* aims to educate, entertain and inspire, and I urge people, no matter what their age or ability, to get involved and stay healthy."

The hub will continually be updated with new ideas, featuring everything from live broadcasts from the new OS *GetOutside* Champions, as well as other athletes, experts and celebrities, home-based challenges and fun online events, virtual reality walks, tips and advice for learning map, rope, survival and camping skills, as well as podcasts, movies, books and magazine recommendations. Keep an eye out for regular live Q&A sessions with OS *GetOutside* Champions, athletes and experts, as well as the chance to win all kinds of outdoor kit prizes.

Ordnance Survey Managing Director, Nick Giles, explained: "While the nation is on lockdown, we have an important role to play in keeping people connected to the outdoors, to nature and activity that is good for body and mind. We all need to comply with the Government's message of only leaving the house if necessary, so to keep those connections with the outdoors and to keep ourselves active in our homes, we must be more creative with what we do."

GETTING ACTIVE OUTDOORS MAGAZINE JOINS ORDNANCE SURVEY'S GETOUTSIDE INITIATIVE



The free digital magazine, *Getting Active Outdoors*, has evolved as part of a new and exciting partnership.

The magazine was launched by the Outdoor Industries Association (OIA) and Target Publishing in 2017 but a new partnership with Ordnance Survey and its *GetOutside* initiative has seen the magazine undergo a rebrand to now be known as *GetOutside* magazine. For this first issue, we are called *GetOutside Inside* in light of the current situation regarding Coronavirus and the campaign to help us all stay active at home.

Going forward, the magazine will highlight inspirational features, useful tips and helpful advice — all free and easy-to-read across all devices in a familiar magazine format.

Nick Giles, Managing Director of Ordnance Survey, commented: "Helping more people to get outside more often to live an active outdoor lifestyle is at the heart of everything we do. By partnering with Target Publishing and the OIA to evolve *Getting Active Outdoors* magazine to *GetOutside* magazine, we are extending our commitment

to produce and share quality content, which inspires the nation and educates everyone about the benefits of the outdoors."

Andrew Denton, Chief Executive of the OIA, added: "The evolution of *Getting Active Outdoors* to *GetOutside* magazine represents a huge leap for our initiative with Target Publishing. Working alongside Ordnance Survey and aligning the magazine with the hugely successful *GetOutside* initiative will help the magazine reach even more of the British public, encouraging more of them to get outside, more often. We look forward to continuing to work with Target Publishing and other OIA partners to contribute original, inspirational content for the magazine and motivate the UK to *GetOutside!*"

David Cann, Managing Director of Target Publishing, continued: "Target Publishing is passionate about the benefits of the outdoors on the British public's health and wellbeing. By partnering with Ordnance Survey — which share our vision of a fitter, happier and healthier Britain — we can expand the magazine's potential reach by a further six million annually."

GetOutside Spring/Summer 2020



GAMPING GOALS

The people at Osprey attempted to raise spirits during this period of quarantine with a challenge to get gamping.

Osprey challenged people to join the #GampingChallenge by sharing your creative and fun camping set up in your garden or living room, with the best garden camp and best indoor den winning an Osprey hiking kit bundle for the whole family, ready for future adventures when the period of isolation is over.

Not only that, but Osprey is working to help everyone through this period with a few ideas on how you can keep yourselves active in the garden, especially with the evenings getting lighter. This includes:

- ▶ Download an astronomy app such as Skyview to observe the night sky; there's a whole world out there that you can explore from your own garden.
- ▶ It's never too early to get the BBQ out – check out Camping with Style for some tasty recipe ideas for the campfire.
- ▶ If you're camping in the garden with kids (or big kids), don't forget to bring the entertainment. Use colourful



t-shirts or pillowcases to map out your own Twister mat.

- ▶ You'd be amazed at the nature in your own garden, download an app like iNaturalist to identify the flora and fauna in your garden.
- ▶ Check out the National Trust's tips for DIY den building.
- ▶ Forget the house is just steps away and bring everything you need, that means extra layers, games, food and drinks.
- ▶ If you don't have a garden, you don't need much more than a table and a sheet to make your own living room camping set up.



GIVEAWAY

Grangers Activewear Care kit ensures your activewear and accessories perform as they should for as long as they should and GetOutside is offering readers the chance of winning one of 10 kits.

The kits include:

- ▶ **Active Wash** – formulated to remove lingering odours that normal detergents mask. It reduces drying times, improves wicking properties and is gentle on all clothing, including lycra, polyester, cotton and merino wool.
- ▶ **Odour Eliminator** – an ideal refresher, working to remove the cause of odours found in non-washable items including gloves, helmets, sleeping bags, footwear etc.
- ▶ **A handy Mesh Kit Bag** – protects delicate items in the wash and can be used to take to the gym/for your cycle to work.
- ▶ [Click here to enter](#)

Adventuring to the Antarctic



A volunteer for the Youth Adventure Trust has become the seventh woman to ski solo unsupported from Hercules Inlet to the South Pole to raise funds for the organisation.

Wendy Searle, from Salisbury, arrived home after the epic expedition across the Antarctic to raise funds for the Youth Adventure Trust. Wendy completed the expedition in just 42 days, 16 hours and 23 minutes, becoming the fourth fastest solo unsupported female by skiing 720 miles, consuming 258,000 calories — with zero rest days!

Wendy volunteers with the Wiltshire-based charity, which helps vulnerable young people to build resilience and develop confidence through challenging outdoor adventures. She raised funds for the Youth Adventure Trust and ABF, the Soldier's Charity, to inspire others that the extraordinary is available to everyone, regardless of their circumstances.

Mark Davey, CEO at the Youth Adventure Trust, commented: "Personal challenge is at the heart of everything we do at the Youth Adventure Trust. This year, we are increasing the number of places available on our outdoor adventure programme and that is in no small part thanks to the incredible fundraising efforts by people like Wendy. We're extremely grateful for her support; it really does help us to make a difference to the lives of vulnerable young people."

To find out more, visit www.youthadventuretrust.org.uk



GIVEAWAY

GetOutside is offering readers the chance of winning one of two prizes to get your outdoor adventure started.

One reader will win a pack incorporating Kelty's Gunnison 3 with Footprint, worth £220. Easy-to-use Kelty Connect pole connections create a hassle free setup and the roll-top cube carry bag makes it easy to pack. Kelty has also stayed true to some of its beloved features, such as the included footprint and dual-zipper vestibule, which doubles as an awning when trekking poles are in the mix. In addition to its new look, the Gunnison comes with a little more head and shoulder room.

You will also win a Cosmic Si Mummy Sleeping Pad (worth £55), the perfect pairing with any of Kelty's backpacking sleeping bags. The COSMIC SI is an inch thick self-inflating mummy sleeping pad that'll keep you warm and comfy all night long! And finally, you will win a Tuck 20 Deg Thermapro Sleeping Bag (worth £75). The mummy bag packs down into a compact little package and is built with silky soft nylon for durability, and soft touch premium insulation for warmth. The amount of insulation has also been upped in the hood to give you a built-in pillow, and keep your toes toasty.

For one runner-up, you will receive the Tuck Sleeping Bag, the Cosmic Sleeping Pad and the Low-Loveseat (worth £90). This camping-friendly cuddle couch with a lower base means you're not towering over the campfire or blocking anyone's view of the stage. A relaxed, slightly reclined design means you're about to get your fill of chill. Extra points for a durable steel frame, insulated bevvie holders and a roll-tote carry bag.

[► Click here to enter.](#)



WAYS TO STAY ACTIVE AT HOME

A new initiative has launched to help the nation to stay active at home.

The It's Great Out There Coalition has unveiled a new initiative in response to the COVID-19 pandemic, working with its membership of some of the biggest outdoor companies in Europe.

The initiative, #outdoorsathome, is the latest phase of the #itsgreatoutthere project and is designed to keep motivating Europeans with a love of the outdoors to stay active and busy during the current difficult time. It is aligned with #BeActiveAtHome, which was revealed by the European Commission recently, and for the UK, #outdoorsathome is also collaborating with the Outdoor Industries Association (OIA) and Ordnance Survey.

The #itsgreatoutthere team is working very closely with the GetOutside-Inside campaign and will use and promote much of the material that is generated for the UK hub. In addition, the

#itsgreatoutthere team will also create bespoke #outdoorsathome content that will be added to the site and shared through the growing pan-European #itsgreatoutthere network on social media. Content you can find includes at home activity ideas, videos and blogs, advice about gear and gear maintenance, and upskilling ready for your next outdoor adventure, games, quizzes, challenges, and stories, destinations and links to websites for planning your next trip.

► Find out more at www.itsgreatoutthere.com/at-home



Helping the nation, together

KEEN has announced it is giving back to support those directly affected by COVID-19.

The outdoor footwear specialist has launched its Together We Can Help initiative, which has enabled KEEN fans all over the world to give a free pair of shoes to people directly affected by COVID-19 through a nominate and pay it forward campaign. And incredibly, in less than a week, KEEN partnered with fans to give away 100,000 pairs, or about \$10,000,000 in shoes to people in need.

The KEEN team says they felt compelled to do something personal for their community. They also knew it had to be directly related to what they did best – making shoes. Having to work virtually, the team at KEEN quickly built and deployed the Together We Can Help initiative, which allowed fans

to nominate those they felt were most in need of a new pair of shoes at this difficult time.

Within five days, the program was live and shoes were flowing to fans around the world and people such as nurses working overtime shifts, grocery store workers tirelessly restocking shelves, and teachers supporting the children of key workers so their parents can continue to go out to work to help fight this crisis all got a boost thanks to a new pair of KEEN shoes.



BRINGING THE LOVE OF THE OUTDOORS, INSIDE

Discover a range of ideas to help you through this period of isolation with help from the new GetOutside Inside initiative.

GetOutside was founded by Ordnance Survey (OS) to help more people to get outside more often and this magazine is a partnership with OS to do just that. But, at this difficult time, getting outside as freely as we are used to is a challenge.

And so here, *GetOutside* magazine brings you some ideas and inspiration from OS' newly launched GetOutside Inside initiative. And you can find out more by [clicking here](#).





KEEPING ACTIVE AT HOME

The Ramblers' Membership Officer, Nicky, offers some simple tips on how to keep active at home.

At the Ramblers, your health and wellbeing comes first. That is why we are following Government advice to stay home, and to only go outside to shop for necessities, exercise once a day and to travel to and from essential work.

Many of us walk with the Ramblers for the many benefits it brings for both our mental and physical health. We're all now spending a lot more time at home than most of us would like, which is why staying active is more important than ever for our overall wellbeing.

As someone who works for the Ramblers and loves nothing more than getting out into our countryside, I know that many of you, like me, will be looking for ideas on how to keep active whilst spending more time at home. There are plenty of ways that you can do this, so we've compiled a list of options to start.

We will be sharing many more tips, activities and inspiration over the coming weeks, so keep an eye out on the Ramblers social media channels.

TIPS AND IDEAS

► **Local walk** – sometimes, a breath of fresh air is just what we need. If you are well, you can still go outside to exercise once a day. Take a stroll near your home or with a member of your household and be mindful of keeping your distance from others (2m or 6ft).

► **Gardening** – if you're lucky enough to have a garden, now is the time to tackle those bigger jobs you may have been avoiding. Heaving gardening, including pushing, bending, squatting, carrying, digging and shovelling, can provide a great workout.

► **Cooking** – this is a great opportunity to try out some new recipes and test your culinary skills. Baking bread can provide a great workout and is tasty too.

► **Dancing** – dance in front of the TV or play some music. All you need are some great tunes and you can have fun dancing anywhere – and

burn calories at the same time.

► **Strength and flex** – the NHS has developed an equipment free five week exercise plan to increase strength and flexibility for beginners.

► **Yoga** – this is suitable for all ability levels. It combines a series of poses with breathing, and is good for building strength, flexibility and balance.

► **Tai chi** – this is an ancient Chinese art that builds strength, flexibility and balance through slow and controlled movements.

► **Pilates** – focuses on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture.

The NHS also provides full advice for staying active at www.nhs.uk/live-well/exercise/get-active-your-way





STRUGGLING TO COPE?

We know many of you may be struggling without the chance to get outdoors freely. If you are struggling to cope with staying at home and feeling overwhelmed, isolated or worried about someone close to you, here are some helpful services you might want to access:

- **Anxiety UK:** Charity providing support if you have been diagnosed with an anxiety condition. Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm), website: www.anxietyuk.org.uk
- **CALM:** CALM is the Campaign Against Living Miserably, for men aged 15–35. Phone: 0800 58 58 58 (daily, 5pm to midnight), website: www.thecalmzone.net
- **Mental Health Foundation:** Provides information and support for anyone with mental health problems or learning disabilities. Website: www.mentalhealth.org.uk
- **Mind:** Promotes the views and needs of people with mental health problems. Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm), website: www.mind.org.uk
- **Samaritans:** Confidential support for people experiencing feelings of distress or despair. Phone: 116 123 (free 24-hour helpline), website: www.samaritans.org.uk
- **Bereavement:** Cruse Bereavement Care. Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm), website: www.cruse.org.uk



HOW TO MAKE MAP SKILLS FUN

Adrian Hall, of Active Outdoor Discovery, is an Outdoor Activities Instructor, Mountain Leader and Expedition Leader and has spent the last few years inspiring children to learn all about maps.

Children are fascinated by maps. Walk into a classroom and, without preamble, unfold an Ordnance Survey map and lay it on the floor. Talking stops, interest piqued. ‘Your school is on this map!’. Stand back as children crowd round and crawl over the map. ‘What’s that?’. ‘Where’s the school?’.

Since 2010, I’ve been visiting the primary schools of East Anglia and beyond, introducing children to the wonderful world of maps and navigation. And I’ve seen this scene play out countless times.

The ability to interpret a map is a key life skill. Even in an age where GPS and Google maps play a greater and greater role, the ability to take information from a 2D image, whether that be on an ‘old school’ sheet of paper or a mobile phone, and relate it to the world around is as important now as it has ever been.

Maps, and using them to find your way around, are all about two key elements – distance and direction. I work with groups from Reception age classes, through to Year 6. The vocabulary and session content varies to be age-appropriate, but these two themes are constant.

Whatever the age of the children, we’ll start by looking at some OS maps. I’ll freely admit to being hopelessly biased. In my opinion, the maps of our Ordnance Survey are the finest in the world. Not just in the treasure trove of information they deliver, but because they’re aesthetically beautiful things. Their true genius lies in giving just the right level of information – just enough to tell you the important things that you really need to know but sparingly enough to enable you to see the wood from the trees.





UNDERSTANDING MAPS

What do those colours on the map mean? The blue? The green? Do you know what kind of trees are growing in that wood? Have a look – the map tells you.

Map symbols are a good starting point. Some are familiar – a ‘P’ in a box, for example, will be familiar to many, some can be guessed at, some are a little more abstract. It’s a good job there’s a handy key present on all maps for those ones.

The grid; did you know one side of each of those blue squares is one kilometre in length? Want to know roughly how far apart two locations are? Count the squares between them. I tend to steer clear of four-figure grid references, they’re not overly useful and are difficult to comprehend – ‘I’m going to specify a square kilometre on this map by defining the location of its bottom-left corner’ begs the question – why? Six-figure grid references make much more sense to older children and adults alike. Explain where the third and sixth digits come from and everything becomes clear. A ruler works just as well as the roamer on a compass for measuring increments between the grid lines.

On most maps, the direction ‘north’ is toward the top of the map. It shouldn’t be any more important than any other direction, but in reality, it is. If you know where north is, you can work out any other direction.

Scale is something that a lot of children are familiar with, even if they don’t know it. A lot of them will understand zooming in and out on Google maps, unaware that what they’re doing is changing the scale. Take two OS maps showing the same area, one with a 1:50000 scale, the other with a scale of 1:25000, pick a feature with a defined boundary common to both, a lake works well. What’s the difference between the lake on map one and map two? One’s big, one’s small. Scale in a nutshell.

Contours are on one level very easy to explain and understand, and on another, a whole lot more difficult. Essentially, the more of them you can see, the higher the hills. If they’re really close together, the sides of the hill are very steep. If there are big gaps between them, the slope is gentle.

A child of four can measure distance pretty accurately with no equipment. They might not know that’s what they’re doing, they’re just counting steps and having fun. But measuring distance is what they’re doing. Counting paces gives you a ruler in your feet.

For Key Stage 1 groups, I find that ‘directions’ are best approached with something big and visual, a map on the playground made out of rope. Norfolk is my home county and it’s a nice simple coastline to draw. Children mark key locations and we work out which direction you would need to travel in to get from Cromer to Norwich, for example.

For Key Stage 2 classes, I’ll get out a box of compasses, show what the various bits do and how they work together. Then give the children the chance of setting a real bearing. You can complete the story by showing them how to take a bearing from a map. For an additional bit of general knowledge, the use of stars to find north.

And to bring it all together and practice a few of those new skills, an orienteering challenge! With a simple map, children hunt for lettered flags. You don’t need a massive area, just an area with things in it which can be marked on the map and children can navigate by. As an exercise in spatial awareness, this will come easier to some than others. The concept of orientating the map usually helps some pennies drop.

► You can download OS’ free map reading for kids leaflets at <https://getoutside.ordnancesurvey.co.uk/guides/map-reading-skills-for-children/>





HOW DO WE KEEP GOING WHEN WE CAN'T SEE THE TOP?

Alex Staniforth, a record-breaking adventurer and a 2020 GetOutside Champion, who founded Mind Over Mountains, offers advice on getting through the period of lockdown.

How do we keep going when we can't see the top of the mountain? I wish I had the answer. Even as a motivational speaker, my own positivity levels have dwindled like the supermarket loo roll stocks. Perhaps the scariest thing is that nobody really knows the answer. When we're worried, we usually have somebody who's been there to guide us. But right now, society is facing an unclimbed mountain. Nobody else has climbed it – yet.

If we haven't dealt with something before, then we have no reference point, and our natural instinct is to assume the worst-case scenario. Media scaremongering has only added to our fear of the unknown. Watching the recent news unfold has felt uncomfortably alike the disaster movies we binge on Netflix.

It's not the first time we've dealt with pandemics. Older generations have experienced wars, rationing and recessions, which perhaps explain the stoic 'business as usual' attitude. But for my generation, it's the first time we've seen society starting to shut down around us. Thousands of lives lost, jobs cut, schools closed, exams cancelled, entertainment called off and being effectively quarantined in our own homes is frankly terrifying for the 'entitled' generation, accustomed to the world being more connected and accessible than ever.

One thing I do know – in my fairly short life so far – is that mountains are either a problem, or a challenge. The choice is ours. We might be dealing with something bigger than us. Thousands of lives have been lost. But it makes sense to take the same approach here.

FOCUS ON WHAT WE CAN CONTROL

We're allowed to feel frustrated and angry. But the longer we focus on things outside our circle of influence, then we become reactive – stressed, anxious, depressed, and even hopeless. It's a waste of energy. If we spend our time on the things in our circle of control/influence then we become proactive, stay focused and distract ourselves from the worries.

Many of our short-term goals and targets will have changed and been thrown into uncertainty. This also opens up new opportunities. Whilst waiting for more information, we have to adjust our goals and stick to routines as best we can. I've started my third book earlier than planned and will have plenty of new speaking content for the autumn!

SUPPORT EACH OTHER

Now isn't the time to compete with who has it worse off. Some people are more resilient due to their life experiences so far. Others will be overwhelmed by the change. This is the time to reach out to friends who might be vulnerable or at most risk, to help elderly with shopping, keep in regular contact and send funny photos to each other when all else fails. Even being forced to work at home is an opportunity to spend time together.

Times like these are when the stories of real humanity and kindness emerge, even when the media focus on non-resourceful supermarket panic buyers. Being selfish is a human survival mechanism. Selflessness helps everyone survive.





ATTITUDE OF GRATITUDE

I've lost most of my speaking engagements until June, the first Mind Over Mountains event we've spent months putting together has been postponed, and my 3 Peaks challenge attempt is uncertain. But I'm incredibly lucky right now. I'm in a low-risk group, have close family and friends to share the worries with, already work from home, and have the hills on my doorstep to find some calm in the chaos. Being self-employed is a challenge but I'm grateful for my sponsors, Westgrove, too.

Make a list of all the things that you're grateful for right now. They could be eclipsed by the worries, but there's always something, however small, working on our side.

Most of the things we've lost can be replaced. Lives can't.

STAY ACTIVE

One good thing to come from this is that people have rediscovered or reinforced the importance of time in nature to find calm and escape from our stressful modern lives. That's why we set up Mind Over Mountains.

Outdoor exercise alone isn't currently restricted in the UK – if we're not showing symptoms, at high-risk, and if distancing ourselves from others. It's sad to see sporting events and marathons cancelled after months of preparation, dedication and commitment. But it's a good opportunity to get even more prepared, or equally revive the joy of simply being outside without chasing goals. It goes without saying that the endorphins, the perspective, the distraction and the achievement will maintain some sense of normality.

We're all in the same boat. That only means we can come together to share the load, be creative, and find the best route up. We've done it many times before and we can do it again. The only way to fight bad news is to spread good news and all of us have a part to play.

Stay safe folks. And don't forget to wash your hands.

CHARITY CHALLENGES

Explore the great outdoors in the future while supporting good causes with a forthcoming charity challenge.



Registered Charity No. 101



ARE YOU READY TO TAKE ON A CHALLENGE?

Everyone is able to think back to their teenage years, when the world could feel like a daunting and confusing place. Unfortunately, the challenges that the young people the Youth Adventure Trust work with are usually the result of situations outside of their own control – poverty, living in care, bullying, chaotic home lives, or poor mental health, to name a few.

As someone who appreciates the outdoors and all it has to offer, you will appreciate more than most that in our screen filled, social media driven world of today, there is an ever increasing need to give young people these opportunities.

The Youth Adventure Trust's early stage (for those aged 11–16) long-term programme of outdoor activity and adventure allows our young people to build resilience and develop the confidence and skills to make sound decisions, form positive friendships away from the politics of the schoolyard playground and achieve their true potential.

By taking on your own challenge, you can help our young people gain the tools they need to navigate a better path for their future.

And this autumn, the Youth Adventure Trust has just the thing with its 10 Peaks in 10 Hours challenge, sponsored by Ellis Brigham Mountain Sports.

This isn't three peaks between countries in the UK, this is 10 peaks, in the Brecon Beacons, in one day. On Saturday, October 3, teams of between four and six will be hiking just over 20 miles, with more than 1,500 metres of ascent through the stunning landscape of the Brecon Beacons.

There is no fee to enter but each team is asked to raise a minimum of £1,500 sponsorship. This is a perfect opportunity to get together with friends, family and colleagues in a unique environment.

To register, contact the Youth Adventure Trust by calling call 0330 123 2446 or find out more by visiting www.youthadventuretrust.org.uk





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EXERCISING THE MIND

Black Dog Outdoors explains the mental health benefits of green exercise.

Poor mental health is a growing concern in the UK; statistics from the 2014 APMS (Adult Psychiatric Morbidity Survey) highlighted that every week, one in six adults will experience symptoms of a common mental health problem. Startlingly, the survey also highlights that one in five adults has considered taking their own life at some point.

It's a fair assumption that, based on these facts, many of the people reading this will have had their lives affected by mental health issues, either directly, or indirectly through family and friends.

As a society, we're now being better informed about mental health, with numerous organisations working hard, locally and nationally, to de-stigmatise and raise awareness of mental health issues.

The promotion of better mental health is being taken up by many employers and businesses. There is also a significant body of research and practice setting out ways to improve mental health and emotional wellbeing.





HOW THE OUTDOORS CAN HELP

The role of sport and recreation in improving mental health is increasingly clear. Many mental health organisations are citing green exercise as a means of improving mental health and the NHS is even prescribing it.

The effects of outdoor activities can include stress reduction, improved mood, improved self-esteem and improved health and general wellbeing. The real challenge now lies in promoting the idea of green exercise to those who will benefit from it – the people affected by poor mental health – who may not have the confidence or competence to take those important first steps on their own.

We have, therefore, established Black Dog Outdoors to provide organised events aimed specifically towards such people, which are fully supported by MTA qualified leaders and instructors, and also by Mental Health First Aiders. All the attendees have to do is turn up on the day, make some new friends, and have a great experience.

We have specifically chosen to host our events in National Parks because of the incredible (and varied) scenery and vistas, the numerous geological and historical talking points, the variety of flora and fauna, and the flexibility of walking routes and terrains which cater for almost all abilities. They're simply great places to get out and explore and give us peace and tranquillity to ease busy minds.

They give us all the things that we often take for granted in the fast pace of modern society. Most importantly they give us the opportunity to re-discover and centre ourselves and, even if only for a day or two, they allow us to find some inner peace.

It is precisely this re-connection with nature that we believe improves our mental health and wellbeing and it costs nothing – so, what are you waiting for?

► For more inspiration on getting outdoors, visit www.getoutside.uk. To remain up to date with the current advice on Coronavirus and safely being outdoors, please visit www.gov.uk



WHY YOU SHOULD WALK

With so many benefits to be gained from getting outdoors, OS GetOutside Champion, James Forrest, tells us why he thinks everyone should take up hiking.

Walking is my favourite way to stay fit, especially in the countryside of the UK. There are just so many glorious opportunities for a good walk, everything from a village stroll or lakeside amble to a hardcore hike up a gnarly mountain. But why do I love walking?

Well, there are so many reasons. I love the exercise, the fresh air, being connected to nature, the breath-taking views, and the freedom and escapism. I love the way I feel fitter and healthier after every walk. And I love that process of putting one foot in front of the other is therapeutic and healing – it always clears my head, helps me de-stress, and puts life's little problems into perspective.

Alfred Wainwright put it eloquently when he said that those who walk will be 'blessed in both body and mind'. That's certainly how I feel after every walk I've completed. It is brilliant for both my physical health and mental wellbeing. And I'm sure you'll have a similar experience.

It's easy to get started, no matter how fit or experienced you are. Simply grab a pair of sturdy boots, a map, and a waterproof and kick off your fitness resolution with a walk. Enjoy the trails!

Here's five of my favourite routes:

- Mam Tor and Great Ridge, Yorkshire.
- Ullswater Way, Lake District.
- Cat Bells, Lake District.
- Ben Lomond, Scotland.
- Carnedd Llewelyn, Snowdonia.

To check out routes in these areas, visit www.osmaps.uk





YOU CAN RUN

If you ever thought you couldn't run, you're not alone. Amy Lane was that person, and after discovering a love for running, she's here to help others.





If you've ever wanted to try running, chances are you thought you couldn't. Because for many people, the prospect of lacing up your trainers and attempting to run is a pretty daunting one; can you do it, what will people think and how far you should go are all common questions we have asked ourselves when starting out.

This was certainly among the thoughts for Amy Lane when she decided to start running; Amy's own running journey tied in with her overcoming personal issues with body image, negative eating habits and the dangers of fitness obsession, helping her to become healthier, happier and fitter.

Amy wants to help others to learn how to run and so has penned *I Can Run*, which she describes as a relatable and accessible guide to running for anyone who ever thought 'I can't run', the ultimate running handbook that combines expert advice from leading specialists with motivating anecdotes from Amy herself, and fellow runners. As well as being a complete practical guide to running, Amy, Digital Editor of *Women's Health* magazine and host of running podcast, WELL FAR, also offers a very candid and revealing insight into her own personal journey towards running, openly discussing for the first time her past complex relationship with food, body image and fitness, and how running has helped her overcome these issues.

Amy's reason for running is clear, telling *GetOutside*: "What inspired me to run in my 20s and what's kept me running in my 30s is wildly different. A wish to be smaller, thinner and lighter was my first inspiration to lace up. I ran regularly but never really got beyond 5km on my runs, unless I was doing a race. I counted calories and beads of sweat, not accomplishment or a workout enjoyment. However, when I returned to running a second time (I favoured other exercise for a number of years), my inspiration was not physical but mental – I discovered running helped me get out of my own head and celebrate my body, not criticise it. Today, I run regularly covering anything from a fast few kilometres to a slow and steady 15km."

WHY RUN?

People run for very different reasons, and it is this that keeps us all motivated and wanting more. This was certainly the case for Amy.

"The opportunity to improve and see positive gains – not since school sport has my fitness felt like this. While I don't obsess about times, it's motivating to see them come down and for runs to feel easier," she explained.

As Amy got more into running, the idea for a book to help others like her came about.

"In January 2019, I started WELL FAR: the Running Podcast as a way to help other marathon runners conquer 26.2. Quickly, the podcast grew from a few listeners to more than 5,000 people tuning in each week. It was then that I knew there was a whole crew of runners who felt as bewildered about putting one foot in front of the other as me," she recalled.

"When the book opportunity came my way, I knew I needed to pursue it so other runners could access the information that I did, the tips and training advice that makes all the difference to performance and enjoyment of running."

Those who read the book will find it a useful manual to help break down the perception that running somehow isn't for them and that you need to be super fit and stick thin to get outside and run.

Amy adds: "I hope it helps more people see that while running is free, it can actually be quite complex. But put in a little time and effort to understand how to do it properly and it becomes far easier and more enjoyable. Ultimately, I want more people to say that they can run, rather than they can't."



GETTING STARTED

One of the misconceptions about running is that it needs to be complicated, overthought and hurt! The fact is, running is what you want to make it, and quite often, the more you do, the more you want to do.

Amy has plenty of experience in this, so what does she advise should be the first things to consider when thinking of running?

"Start small and celebrate each run," she suggested. "See the positives, not the negatives. Who cares if you only ran 200m, it's still 200m more than you did last week!"

Also consider how to keep your motivation, and to avoid injury.

Amy added: "Know that you only want to be increasing your mileage by 10 per cent each week. You don't need to go from not running to running a marathon in a few months. Just getting into a regular running routine is an achievement."

And remember, the UK has so many incredible open spaces that are free to roam; the best advice is find the terrain and the scenery that makes you want to keep going. And continue to follow the Government's Coronavirus advice, which currently allows for one period of exercise outdoors a day, either alone or with someone from your household. Stay up to date with the advice at www.gov.uk.

For Amy, running anywhere new motivates her.

"I like nothing more than waking up on the first day of holiday and going out for an early morning run to explore my new surroundings," she explained.

And her ultimate running goal?

"I'd like to run a Ragnar Relay in the US. In these races, you tackle the distance of an ultra marathon as a team. Over a weekend, you work together and run day and night to make it to the finish line. I think there's something brilliant in supporting each other to achieve big goals," Amy answered.

► *I Can Run, Your Empowering Guide to Running Well Far*, is published by Yellow Kite on April 16, priced £14.99.

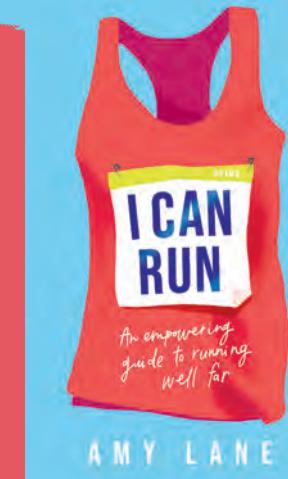


AMY'S ESSENTIALS

It needn't be expensive or complicated to run, all you need to do is stock up on some essentials.

So, what are Amy's top three essential pieces of kit?

- **Leggings with pockets** – I find them much more comfortable for carrying gels and my phone than a running belt.
- **Running socks** – avoid all cotton socks. You should be wearing sweat-wicking fabrics to stop blisters.
- **Podcast** – I find podcasts don't play with my speed like music does. On long runs, I'll often listen to Talking Tastebuds or Jessie Ware Table Manners."





READY TO RUN

You don't need much in the way of kit to start running, but it's important to include some essentials in your workout wardrobe – and here, we suggest some good choices for the time when you can freely get out and run.



TAKE TO THE TRAILS

With the weather proving changeable at the moment, you may still require a pair of trainers that offer you decent grip and we really like the Kalenji Eavadict XT7 Trail Running Shoes for this.

Developed specifically for wetter and less even ground, these trainers were tested over different surfaces, including grass, footpaths and muddy trails, and the grip was excellent thanks to the 5mm lugs (which is what helps to give the trainers their grip). This good grip is also down to the new type of rubber used for the outsole, which Kalenji says gives it 42 per cent more grip.

Fitting true to size, there is good support round the ankle too, with the sides and tongue coming up higher than perhaps a regular pair of road trainers would. And one other element worthy of note is the comfort; Kalenji says it has added thick foam padding in the heel and tongue to offer good comfort and fit and this was reflected in our test experience.

In terms of the technical specifics of the Eavadict, the makers have added reinforcements around the perimeter to keep your feet fully supported, while the feet benefit from Kalensole EVA foam for better cushioning, said to offer improved cushioning by 34 per cent, propulsion by 25 per cent and provides better temperature stability and durability.

► RRP £49.99 (www.decathlon.co.uk)



FROM TOP TO BOTTOM

Decathlon offers something for everyone in terms of its running offering, depending on when and where you're going, and for how long.

These two pieces of kit rated highly by *GetOutside* because they are super versatile and could be used for a range of sports.

Starting with the Kalenji Eavadict Short-sleeved Trail Running T-shirt, the most notable benefit is it feels so light to the skin, not weighing you down, no matter how hard you're working. Because of the lightness, and thanks to the material used, there were no unsightly sweat patches (and we tested it over two runs and during a boxing aerobics class) and you can add more ventilation if needed thanks to the half zip at the front.

If you're going out for a longer run and need to carry fuel with you, the T-shirt has two mesh pockets at the back that will come in useful, and do remember, this T-shirt will be equally functional if you are going out for a walk or want to hit the gym.

The Kalenji Eavadict Trail Running Short

offers similar benefits, and importantly, stayed firmly in place; this can be a bit of a battle, especially with female shorts, but these didn't ride up. What we really liked was the built-in carrying waistband that sits at the front, which is ideal if you want to carry some small items and eliminates the need for you to take a running belt with you. Impressively, there are further pockets in the net inside, and at the rear, making these one of the most usable pieces of kit you can find.

The shorts would be considered a baggier fit in terms of around the leg, where they are looser compared to a cycling style of short, while inside, the inner brief lining fitted well, and the waistband can be tightened if needed.

As a pair of items, and being so reasonably priced for how well they function, the T-shirt and shorts work really well together and will be particularly useful as we move towards summer and the weather warms up.

► RRP £12.99 for the T-shirt and £14.99, both from www.decathlon.co.uk

RUN RECOVERY

After a run, it's nice to give your legs a rest and what better way than with the Isobaa Merino Joggers?

Created with superfine 260g loop back Merino wool, these versatile cropped joggers are super comfortable for relaxing after a run, in-between training sessions, or even for taking a stretch in your next yoga session.

The natural properties of Merino mean it keeps you warm when it's cold and breathes well when it's warm, keeping you comfortable whatever the weather. It's also quick drying, naturally odour resistant and sustainable.

With recycled packaging and natural fibres, Isobaa garments have a lighter impact on the environment, while learning from nature.



BIG PROTECTION FROM LITTLE THINGS

As we head towards the warmer weather, you need to protect yourself from the biters when out running.

And here to help is Keela, having partnered with Insect Shield, which is reputed to be the most reliable, safe and proven insect repellent on the market.

The Keela IS range is ideal for travel to foreign climates, where it will act as a strong deterrent for mosquitoes and other biting insects, carrying diseases such as malaria and dengue fever, as well as being perfect for use in the British countryside, which, after a mild winter, is experiencing an explosion in the tick population where lyme disease is prevalent.

STEPS TO SUSTAINABILITY

The impact that our collective habits have on the planet has never been more in the spotlight, and as a nation, many of us are taking steps to reduce our own carbon footprint.

This is a big issue in the outdoor sector in terms of the impact that the kit we wear, whether to head into the hills for a walk, pound the streets for a run or take to the bike for a ride, has on the environment.

This is something Decathlon has recognised and in order to protect our outdoor playground, Quechua and Forclaz (Decathlon's camping, hiking and trekking brands) are committed to reducing its environmental impact by using new environmentally friendly materials and encouraging product repairability.

Today, around 160 products within the Quechua and Forclaz brands are eco-designed and the design teams have the intention of revisiting the entire range with this approach. The Quechua and Forclaz teams are committed to 100 per cent of new products eco-designed by 2021 and 100 per cent of the Quechua range eco-designed by the year 2026.

Lowering our impact on the environment is something everyone needs to play a part in, and this can even extend to our outdoor gear. Take Decathlon and its Quechua and Forclaz brands as two excellent examples.



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WHAT IS ECO-DESIGN?

Eco-design means the production of goods and services that meet the needs of users and at the same time, have the lowest possible impact on the environment and society.

A product is eligible for the eco-design label if it is at least 20 per cent less environmentally harmful compared to the previous product. In the design phase, choices are made that reduce the weighted environmental impact by at least 20 per cent. The designer can, for example, choose to use recycled material, another more sustainable type of raw material, or by significantly extending the life of the product. The environmental impact is determined according to a multi-criteria analysis. But what does that mean, for example, how do you compare the use of PVC with CO₂ emissions? How do you achieve a single score for water pollution and climate change?

Decathlon explains that several forms of environmental impact are weighed in a multi-criteria analysis. By no longer using PVC in a product, the CO₂ footprint for production can increase slightly, but the impact in the waste processing phase is greatly reduced. To be able to give one score for this, the environmental impact is determined by means of a score list. This analysis covers the entire lifespan of the product.

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PLANET FRIENDLY MEASURES

Among the various steps that are being taken by Decathlon to reduce its impact as part of the eco-design process, it uses more environmentally friendly materials, including:

► **Recycled polyester:** Recycled polyester, made from recycled plastic bottles, avoids the use of oil-based components and converts waste back into usable resources. Take the Quechua Women's Mountain Walking Fleece Jacket or the Men's Mountain Walking Fleece as examples, with 100 per cent of the fabric made from recycled bottles.

► **Organic cotton:** Organic cotton doesn't use pesticides and chemicals on the crops and uses up to 90 per cent less water to produce thanks to healthier soil and less water pollution. A good example of this is the Quechua Men's Country Walking T-Shirt, with 74 per cent of the fabric made from organic cotton and 26 per cent from recycled polyester.

► **Recycled cotton:** Unlike organically grown cotton, recycled cotton does not require new cotton crops. It can be used for up to 30 to 40 per cent as recycled fibres are shorter and must be mixed with new cotton. Try Quechua's Women's Hiking Vest Top to test this out, being made with 17 per cent recycled cotton from clothing scraps and 37 per cent recycled polyester.

► **Recycled rubber:** Rubber is an energy-consuming material due to its manufacturing process. To reduce rubber production and reuse old materials, the sole of the Quechua Women's Country Walking Shoes is made from recycled tyres, while the Men's Country Walking Shoes and Women's Walking Shoes boasts 30 per cent of the shoe's sole being made from recycled rubber, and 100 per cent of the upper, laces and webbing made from recycled polyester.

► **Bi-ton:** Bi-ton is a technique where one thread out of two is dyed. The natural thread gives the garment a mottled effect. The alternate thread is dyed in bulk (dope-dye) technique, significantly reducing water usage compared to a traditional dyeing method. You can see this in full effect with the Quechua Camping Tent 2 Man, which has 41 per cent less CO₂ impact from the overall product compared to the previous model.



DOPE-DYED

Traditional wet dyeing techniques require vast amounts of water, large amounts of chemicals and consequently produces huge amounts of waste and CO².

Dope-dyed yarns are created by adding colourant to the yarn during the spinning process. This reduces greenhouse gas emissions by up to 60 per cent, increases water conservation by more than 85 per cent and saves up to 60 per cent on chemicals.

This is a process the brands now use on a huge number of fabric components, such as Quechua Waterproof Country Walking Jacket; 100 per cent of the navy blue jacket's main fabric is coloured using the dope dye technique, while on the Forclaz Men's Mountain Trekking Backpack Trek 100 rucksack, 100 per cent of the polyester fabric is dope-dyed.

EASIER TO REPAIR

It isn't just how the products are made and the materials used; eco-friendly also extends to the life of a product to make it last longer.

As well as considering the manufacturing phase, the Quechua and Forclaz design teams give products a new lease of life by incorporating from the initial design the need to be able to repair tents. This means that 100 per cent of Quechua and Forclaz tents can be entirely repaired thanks to the availability of spare parts, from the poles to the flysheets.

Find out more about Decathlon's eco initiatives by clicking [here](#)





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FINDING YOUR OWN ADVENTURE

Not being an experienced cyclist, and certainly not being adept on the winter, Fiona Quinn was the unlikeliest candidate to complete a cycle, a walk and a paddleboard from Land's End to John O'Groats. Here, she talks to *GetOutside* about her journey and her belief that adventure is within all of us.



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To read Fiona Quinn's list of achievements, you would be forgiven for thinking that she grew up in the great outdoors, was an experienced adventurer, who excelled in every kind of sport. That surely becomes obvious when you consider she has cycled, walked and stand up paddleboarded (SUP) from Land's End to John O' Groats (LEJOG), setting three world records in the process.

But when you realise that Fiona wasn't a particularly outdoorsy person prior to her adventures, a total beginner in fact, who only bought a bike a short while prior to the cycle, not to mention that she was actually afraid of the sea, it makes her achievements even more impressive.

Fiona says she was like many of us are, liked to stay active but wasn't quite sure how to go about getting into the outdoors – and whether she could even do it. Turns out, it just entailed getting out and trying.

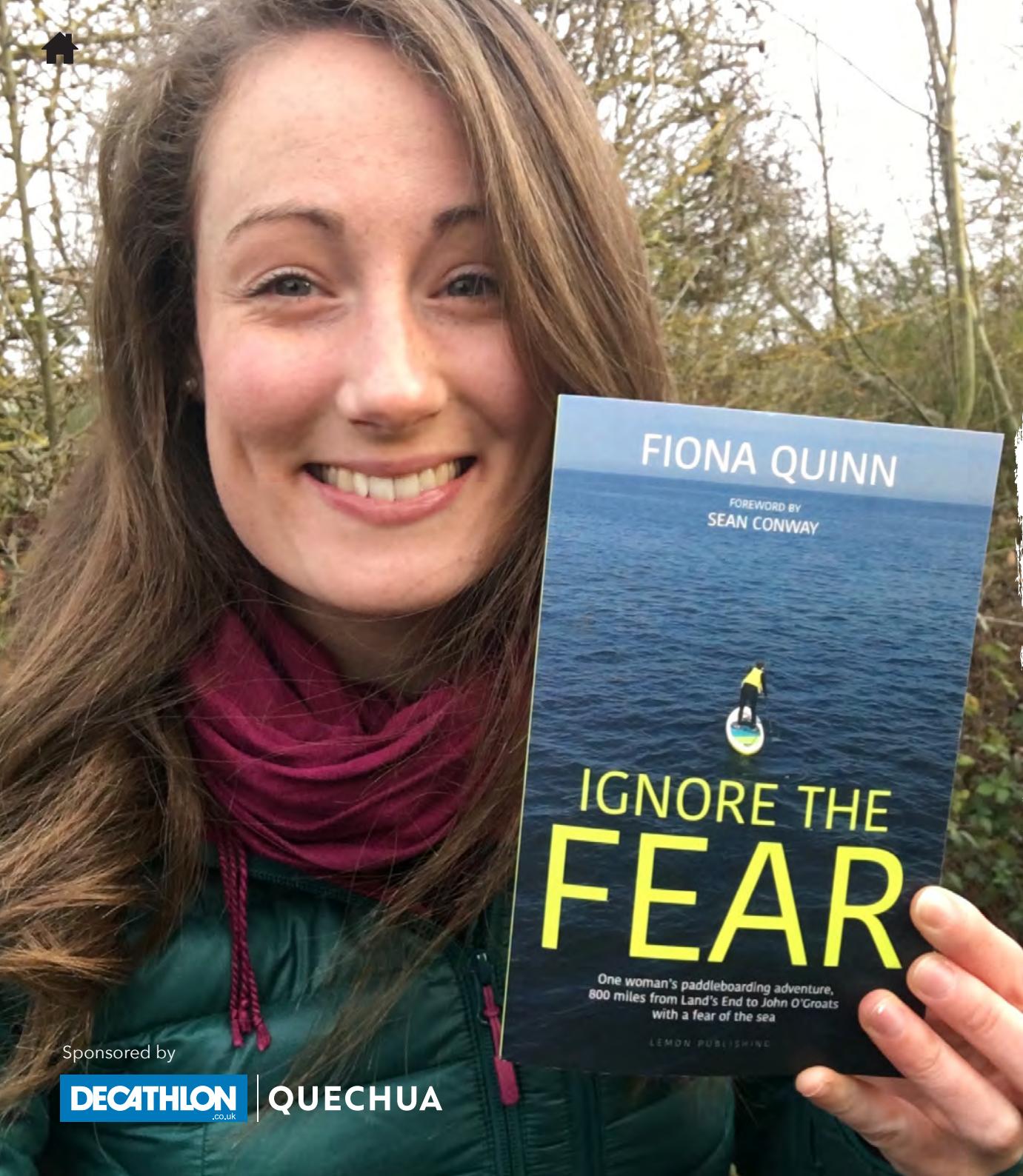
And by trying, Fiona became the proud owner of three world records; the first woman to stand up paddleboard (SUP) across the Irish Sea, the first person to SUP Land's End to John O'Groats on an inflatable board and the first woman to do a length of Britain triathlon. She has now put her incredible experiences into a new book, called *Ignore the Fear*, in which she explains her belief that if you dare to start before you're ready and keep believing in yourself, anything is possible.

"When it comes to adventure, I learnt that you can be a novice and know nothing – as long as you know enough to keep going forward, that's OK," she explained.

And her advice for anyone who wants to try adventure (once the nation is out of quarantine)?

"Start simple. If you have never done anything like it before, just get outside, set an easy challenge, and then find the right kind of adventure for you is so important," she explained, adding: "Whatever you feel fits with you and makes you smile."

GetOutside Spring 2020



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AN UNLIKELY ADVENTURER

Fiona's journey into challenges began in April 2017, when she decided it would be a good idea to walk from John O'Groats to Land's End, walking some 993 miles in 57 days. Not content with finishing there, in the September of that same year, Fiona then got on her bike and cycled 1,200 miles back the other way over a period of four weeks.

But prior to this, it wasn't actually that long before that Fiona had actually started cycling regularly and for any great distance.

"I bought a bike as a 28-year-old and decided to just start cycling. It was the freedom I could experience and that I could do it in my own way, at my own pace, that I liked about it," the now 32-year-old explained.

Getting more and more into cycling, Fiona attempted the famous LEJOG route in 2016, but sadly had to admit defeat 200 miles from the end due to the awful weather in Scotland.

"I had to stop the cycle when I got to the Cairngorms when the weather turned," she recalled.

Fiona admits that the initial failure made her only want to try again and succeed. So, she came off the bike and put her best foot forward to walk instead, self-supporting along the way.

"I knew that west was best, so started at John O'Groats, carrying a 15-kilo pack. I did 20–30 miles a day, got trench foot along the way and ended up on crutches with tendonitis," she recalled.

Buoyed by the completion of the walk, Fiona got back on her bike to cycle back the other way, completing it this time and finishing the second leg of what would become her triathlon of Britain goal.

"I tried to do a set amount of miles a day. I don't normally set distance goals but I had to make the miles happen so it didn't take forever," she explained.



TO THE SEA

It was in April 2018 that Fiona set out to see if she could stand up paddleboard up the west coast of Britain, 800 miles in total and effectively completing her goal of a length of Britain triathlon.

"After the other two, I just decided that the next obvious thing to do would be on the water – but I am scared of the sea as I nearly drowned as a child. I wasn't going to swim, so I decided to paddleboard it," she recalled.

The only issue was Fiona wasn't someone experienced in paddleboarding, having tried it a few times some years before, so she went into it very much a novice.

She recalled: "I didn't know anything about tides or swell, I was a total beginner. I didn't have a support crew or funding at the start, so I had to make it happen – everyone else didn't think it was possible."

Fiona needed a support crew and had to fund the trip. She ended up buying a 32ft sailing yacht (despite knowing nothing about boats), and recruited a team to help her.

It took 81 days to complete the mammoth task, and along the way, she was joined by dolphins, paddled 40 miles across the Irish Sea, and battled past whirlpools. Bad weather meant that of those 81 days, she was only able to paddle for 35 days to reach her destination.

"We really waited for good weather, we started and then we had two weeks of bad weather so we spent a lot of time just hoping the weather would change," she recalled.

Following her successful adventures, and on returning back to reality, Fiona

decided she wanted to document her SUP journey and so set about writing *Ignore the Fear*.

"It was nice to have the record but for me it was really nice to share a fresh approach to adventure. The typical adventurer is a white, middle class man, and for me, the book was about showing a different perspective on what adventure means. I was a complete novice, I was terrified of the sea, and I wanted to offer a relatable approach to adventure. I loved doing something different, but I had no expectation of what it would mean," she explained.

Another challenge to push Fiona's love of the outdoors is Mediterranean, which started in 2019 with part one, which will see her go twice the distance and elevation of the notorious Transcontinental Race, cycling across nine countries from Gibraltar to Athens. In the first half of the adventure, she's covered Gibraltar, Spain and France, exploring the differences in cycling culture and infrastructure, and the varied terrain and climates.

Fiona admits there will be further challenges ahead, revealing that she has a few other adventures in the pipeline. And this is simply because it has become such a part of who she is.

She explained: "For me, adventure feels like a lifestyle and it fits into how I want to live my life. I believe everyone has the ability to do adventure. It can be super cheap, it can be super simple, and it can fit in with the time you have."

► Find out more about Fiona's adventures by [clicking here](#)



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GetOutside Spring/Summer 2020

SMALL STEPS TO THE OUTDOORS

It should be pretty easy to get into the outdoors – just open your door and go, right? But we know that being active outside, especially when you are totally new to it, can be difficult and sometimes quite daunting. You may not know where to start, you might not have any kind of kit, and you might think you can't.

This is where an important organisation comes in with help; the Alkit Foundation is designed to support projects that champion education, participation, environment, diversity and health and that enable them to overcome the obstacles that prevent them from going outdoors.

The foundation was created by the people who set up the outdoor brand, Alkit; one per cent of sales go towards supporting individuals and direct action projects and to date, the foundation has been involved with more than 600 projects, demonstrating the effect that small steps can make to so many people.

One of the Founding Directors, Kenny Stocker, explained that the foundation supports projects that enable people to overcome the obstacles that prevent them from going outdoors.

"The simplicity of getting outdoors can often be taken for granted, but for some, there will always be obstacles preventing them from accessing the benefits – be they physical, mental, circumstance, knowledge, or pressures placed on the environment. By helping to overcome these obstacles, we can help more people go nice places and do good things," he advised. "We don't take it for granted – many people experience obstacles preventing them from experiencing the benefits from being outdoors, such as physical, mental, circumstances, knowledge or environmental."

► If you would like to find out more or apply for funding, visit www.alkit.com/foundation. And click right to read about the projects that have benefitted from the foundation.

Helping people to get into the outdoors, we bring you stories of the work of the Alkit Foundation.





The outdoors in action

Here, the foundation's Kenny Stocker details the stories of how its grants have made a difference to a range of organisations.



REFUGEE WALKS

Heather Hunt helps to run Sheffield Conversation Club, an easy social space for asylum seekers and refugees to meet and grow their English speaking and listening skills. This diverse group of individuals are often isolated by language, as well as their situation.

Heather also spent many years as a Learning and

Discovery Officer for our national parks, so putting the two together was a natural step for her.

Heather was keen to take a group from the club into the hills. All that was needed was train fares from Sheffield to Edale, and a few ice creams might be nice. In a perfect example of how a little money can make an enormous difference, Heather's application to Alpkit for 20 train fares and ice creams was agreed and a grand day out was planned. Everyone was early for the train, fit young men from Sudan and Somalia and an older woman from Eritrea, undaunted by her arthritis, plus families from Syria and Bhutan. Twenty people armed with their stoutest shoes and packed lunches were catching the train from Sheffield to Edale. Walking up Grindsbrook Clough and some of the Pennine Way quickly spread the group out.

This didn't last long as the fit young men at the front started doubling back to give assistance to the less able and throw the smaller kids onto their shoulders. A mountain stream bathed in sunshine exerted its usual magical powers and in no time the children were in the water, soon joined by a group of English kids.

Heather explains how the picnic brought everyone together, recalling: "There was none of that opening your own little sandwich bag nonsense."

The countryside around Edale, surprisingly, reminded people of home – there's something universal about nature that feels less foreign than the urban world. As always, the heady mix of fresh air and exercise did the trick and on the train back to Sheffield, this group of very different folks from very different lands were pretty much all snoozing off together.



WELLBEING WALKS

We probably all know that spending time in wild and beautiful places is a great way to heal the human spirit. However, a potential barrier for those recovering from difficult obstacles in their lives can be the cost of decent outdoor kit.

The Vulture Club had its mountain leader in place, and they had a group that were keen to get out among the hills of Cumbria – they were short of gear though. Through the Continuum project, which finds new homes for old outdoor gear, Alpkit was able to equip just about everyone who wanted to be a part of the Vulture Club walking project with decent waterproof jackets, fleeces and walking trousers. And then they were off.

The Vulture Club supports individuals from West Cumbria in recovery from issues with mental ill health, drugs or alcohol, social isolation or other difficult obstacles in their lives. They provide a wide range of therapeutic distraction activities and create a safe, relaxed and confidential community for members to meet, have fun and grow, while taking part in opportunities for personal development and growth.





CYCLING FOR THE LESS ABLE-BODIED

We can't quite put our fingers on what it is about cycling that's so exhilarating, but little compares to that tremendous feeling of pedal powered liberty.

Gill, Frank and Beatrice understood this feeling. Self-acclaimed 'fanatical cyclists', they believed that everyone should be able to experience the joy of spinning along a country lane in the wind and the sun, so they decided to create Wheel Potential. When they told the Alpkit Foundation their story, it couldn't resist lending our support by purchasing an adult tandem trike.

Now the charity boasts a fleet of 20 different cycles, which were used more than 500 times in 2019 alone. Wheel Potential is a community interest company providing open-air cycling experiences for less able-bodied adults. Run on an entirely voluntary basis by Beatrice, Frank, Mark and bike guru, Peter, it was launched to address the lack of such initiatives in the Canterbury area.

"We realised that although we can indulge in this passion freely, those who are less able-bodied cannot. We are slowly building up a collection of adapted cycling machines, which can be used by anyone, whatever their disability," Frank explained.

Dedicated to Gill Corble, whose passion helped get this project going, unlocking so much joy for so many.

ALPKIT FOUNDATION

RESTORING AND LEARNING IN THE OUTDOORS

Learning in the great outdoors gives kids a great opportunity to thrive. The kids of Millom School were keen, Forestry England donated hundreds of hazel saplings, and John Hodgson, the Project Officer of Hardknott Forest, was ready to supervise and inspire the children to get grubby with clearing, weeding and planting.

The Alpkit Foundation just needed to oil the wheels by funding the transport to get the kids from A to B. Restoring Hardknott Forest is an exciting project to restore one of the largest conifer plantations in the Lake District to native woodland – mainly oak, birch, bogs and open ground. It's an historic opportunity to create the largest semi-natural woodland in the Lake District, linking Hardknott Forest with the existing Duddon Valley Woodlands that snake down the valley and all the way to the coast.

John commented: "We're slowly restoring the area to its native woodland."





ESSENTIAL RESCUE

Edale Mountain Rescue is funded with public donations and run entirely by volunteers. All team members are highly trained, motivated and very skilled.

It takes an average of 18–24 months to qualify to become a full team member, so training reflects in their professionalism and dedication. People who get help when they most need it are often the ones lost on the moors or fallen from one of the gritstone edges. Edale Mountain Rescue responded to no less than 107 incidents in 2017, in all conditions, day and night. In their moment of need, climbers, hikers, mountain bikers and paragliders, received world class help completely free of charge.

This is unique to this country. Alkit says it was delighted it could help to fund a new defibrillator that was lighter and smaller, and allowed the team to pack lighter and to cover the ground more quickly.



CLEANING UP

Wildlife Watch is the national children's membership for The Wildlife Trust. The Cornwall Wildlife Trust hosts more than 80 volunteer-led, wildlife session a year. These include rockpool rambles and beach cleans to mini beast hunts and wildlife

gardening. The sessions are for children and their families, with each event involving up to 20 children, each with a responsible adult. Who wouldn't want to support the idea of kids in wellies with dipping nets?

Life in a Pond is an event in the beautiful Wildwood Eco Garden, Camborne, owned by a Wildlife Watch volunteer, who opens the garden for them. This session enables children to dip into the watery world of a summer pond to see what they may find and learn about all the wonderful inhabitants. This can create memories for all the family that last a lifetime and, as we have found sometimes, also spark a lifelong passion for wildlife and the need to protect it.



NEW ADVENTURES

Every month, the Alkit Foundation is approached by many groups who need support to attend residential courses around the country. For many groups, the cost of transport or the course fees are prohibitive.

For the past three years, Llanberis-based Boulder Adventures has very kindly provided its facilities and instructors free of charge to facilitate a week long residential course aimed primarily at school groups, which might otherwise not be able to fund an experience of this nature, reinforcing the value of being able to offer opportunities like this.

► Find out more at www.boulderadventures.co.uk



YOUR ESSENTIAL WALKING GEAR GUIDE

GetOutside magazine offers its suggestions for the best gear to get you enjoying the great outdoors, whether for your once a day walk as part of social distancing, or for the future when you are free to roam, post-isolation.

SPRINGING INTO WARMER WEATHER



for when the weather warms up, but not of a thick variety so you would need other layers if wearing in winter or on higher ground.

Quechua's Waterproof Jacket was notably breathable, something that can be lost on some waterproof jackets, which then leaves you sweating when you're meant to be keeping dry. This was thanks to the decent ventilation, especially the side zip, that allowed the ventilation directly

DECATHLON
.co.uk

QUECHUA

With the start of British summertime, we will all be hoping for some warmer weather. But our kit, whether out for a short walk or a longer hike (the latter likely to be saved for a post-Coronavirus era), you need kit that performs in the changing seasons.

We tested these two together in what was typical spring weather, sun shining one minute, a breeze the next, followed by intermittent showers, and they were great pieces of kit in all aspects, both ideal

under the arms, and we loved how light it felt, being only 550g in the medium size we tested. This makes it a really useful spring jacket, while the adjustable hood and cuffs, as well as the more rigid hood, means you can stay well shielded if the heavens open.

With the Mountain Hiking Trousers, the stretch fabric (thanks to its use of elastane) was really noticeable during test, allowing you to move freely and flexibly, whether jumping over a puddle or navigating over a stile. We also liked the innovation of a tightening system at the hem of the leg so you can pull up the bottom of your trousers if you are too hot, although we didn't require it during our test.

The added bonus was the trousers were supremely lightweight, ideal as the weather warms up and you want something less heavy. They did, however, remain pretty waterproof thanks to the quick drying fabric, even when walking in the rain, so a good addition to your walking wardrobe.

Comfortable to wear, fitting true to size, and with a decent range of pockets, these will become regular pieces of kit for use during the warmer months.

► RRP £34.99 for the jacket and £24.99 for the trousers. Visit www.decathlon.co.uk for more



SUSTAINABILITY ON THE GO

If you are used to an Osprey rucksack, or any outdoor bag for that matter, then the Archeon is quite a departure, both in feel and also in how you use it.

Major plus points should be given to Osprey for this new sustainable range of hiking packs made from recycled fabrics and PFC free coating. The result is a bag that feels durable, robust and really high quality, a bag that would stand up to the toughness the outdoor elements demand of it.

It also still offers all the features you would expect from a decent pack, such as in-built rain cover, compression straps, walking pole attachments and space for a hydration reservoir, while still keeping in with its sustainability message; the pack trades plastic clips and clasps for metal buckles.

We tested the Archeon 30 on a number of occasions and what was really noted in testing this pack is the fit, especially with regard to the back system. Visually, the rear of the pack looks a little different to other bags thanks to the close-fitting Airscape system, designed to handle significant loads without compromising on comfort and offering good breathability.

Then there is the way you access the bag, which has turned the usual top pack opening on its head, an innovation that really works. The Archeon boasts a unique front zip opening, which is then secured with poppers and a top lid opening. Also worthy of note is the straps; well cushioned and thick, the bag was tested with a decent amount of weight in and comfort was maintained throughout.

A great and sustainable choice, offering you durability and function when you need it.

► RRP £200 (www.ospreyeurope.com).



A FORCE TO BE RECKONED WITH

The Force Striker Texapore has been developed with experienced mountain guides at the Alpine School Innsbruck (bearing the ASI seal of approval) and so really performs when it comes to grip and support.

Created by Jack Wolfskin, which describes these as its lightest technical hiking shoes to date, the lightness is certainly something we could back up from the number of tests the Mid versions were put through.

They are very robust, the ankle support is excellent, and the cushioning good. It was the grip we really noted here, barely slipping on some pretty wet and muddy terrain thanks to the Vibram outsole, making these an excellent buy for this reason.

The boot boasts the Force Plate in the forefoot, which is designed to offer your feet protection, yet stability, therefore, saving you energy. The front has a look and feel more like a running shoe thanks to its textile upper and breathable membrane.

It has all the essentials you would expect from a good walking shoe, including an EVA midsole to offer good cushioning, a protective rubber toe cap to protect the feet and Reflex Foam, which supports comfort and less effort when walking.

Another Jack Wolfskin new addition worthy of mention is the versatile Routeburn Windproof Insulated Jacket (we can confirm it performs in both of these elements well).

Here at *GetOutside*, we are big advocates of picking kit that can be versatile and used in different seasons and the Routeburn scores here thanks to the Stormlock outer fabric, which is breathable, light and windproof; you can either wear a T-shirt underneath during the spring/summer months to insulate you against any wind without overheating, or for the winter, this can be used with additional layers and offers both warmth and some waterproofing.

A light jacket, it has the feel of a down jacket but is made entirely of synthetic materials, which means that it brings the warmth but can also withstand some water, unlike down.

We tested in around 12 degree weather but with wind and some rain, and we remained the ideal temperature wearing just a short-sleeved breathable T-shirt underneath. We also stayed dry in a downpour, although it is only water resistant so you would need a fully waterproof jacket if you may be out for a prolonged period of time in the rain.

► RRP £140 for the boots and £100 for the jacket (www.jack-wolfskin.co.uk)



WATERPROOF WALKING

If you are planning on walking in colder temperatures or being in the UK mountains this spring/summer, then Craghoppers Kiwi Pro Waterproof Trousers will come in useful.

Thicker than some walking trousers, with a part elasticated waist, they proved very waterproof when tested in a downpour, which is all down to the AquaDry technology used. This offers the added benefit of you not needing to carry a pair of waterproof over trousers with you, as you would with other less waterproof trousers.

The Kiwi Pro are fully lined on the inside, which means you stay nicely snug in colder temperatures or on higher ground but bear in mind they may be a bit warm for a general walk in the UK during the hotter spring/summer months.

To complete the look, there is the Trelawney Jacket, which scored positives on many fronts. For one, it does exactly what it says on the tin, keeping us warm and more importantly dry when tested during some pretty wet and windy weather. It also stood up very well as a wind breaker, with the slightly thicker material for a waterproof ensuring we remained warm and

well insulated, benefiting from the AquaDry Membrane stretch construction.

Really worth noting here was the depth of the hood, which added another element of wind break, and the height of the zip meant you could keep your head and ears well covered.

There were a lot of useful pockets, ventilation points, which meant there was no sweating, and a long back, keeping your bottom and back dry and warm, and it is guaranteed for life. There's also no excuses in terms of navigating sensibly as the jacket has a built-in pocket at the front designed to be able to stow an Ordnance Survey map!

► RRP £100 for the jacket and £75 for the trousers (www.craghoppers.com).



KEEN FOR THE OUTDOORS

The KEEN Terradora II is a boot that could best be described as versatile, given it looks and feels like a cross between a trail type shoe and a walking boot – and offers the benefits of both.

An everyday addition to your outdoor kit, noticeable benefits to this performance boot are that it is very lightweight (the trail shoe part), but the grip was impressive in mud and puddles (thanks to the walking boot sole). Also worthy of note, the cushioning was excellent, again, bridging the gap between a more rigid walking boot and a lighter trail shoe.

On the technical side, it has 5mm of underfoot cushioning (you can quickly notice this when walking) and also now boasts an under-foot shank to deliver torsional support and stability. Furthermore, all Terradora II models benefit from KEEN's advanced KonnectFit interlocking heel-capture system, providing superior

lock-down and increased stability on unpredictable terrain. The rubber outsole features a more aggressive design with 3mm lugs for advanced traction, while a heel pillow provides extra comfort around the Achilles.

We tested the Mid-cut (RRP £110) but you can also buy it in the low edition (£100), making it much more like a trail shoe and without the ankle support – so it all depends what you want it for. We liked the Mid-cut for the support, while still enjoying the lightness and versatility of a trail trainer. The material is a soft shell, is comfortable and feels flexible, allowing your feet to move easily on the trails. When sizing, it may be worth going up half a size if you have feet on the broader side, as was the case with our review, especially over the front of the foot.

The KEEN Terradoora II is a specific range designed for women, but the brand does also offer choice in male specific boots too.



GUIDE TO CARING FOR YOUR OUTDOOR GEAR

Getting outside can be a big enough challenge at the best of times – finding motivation, especially if it doesn't come naturally, working out exactly what gear you need, finding new places to explore, and battling the unpredictable weather. Then add how to look after your gear into the mix, and you're left with even more confusion, especially about the hows and whys.

This subject can be bewildering at times and doesn't always come as second nature. We also know during these turbulent times, when our outside time is limited, that this might be the last thing on your mind. However, we've spoken to the team at Grangers, who believe that now is as an important time as any to care for your gear.

The team at Grangers explain how you can take care of your outdoor gear – ready for when you can start exploring again.



Grangers®



MAKE YOUR GEAR LAST

Grangers knows that caring for your clothing and equipment can be the last thing you want to do/think about. Why, when you've invested in new walking gear, bought new cycling shorts or only just found that perfect-fitting pair of boots, should you also have to invest in products to make them last?

The answer is exactly that – to make your gear last. All activewear, from your equipment, to walking boots to the Lycra you run in, needs to be looked after in the right way or you will not get back the experience you invested your money in.

One of the biggest questions that Grangers gets asked is, 'Why can't I just use normal washing powder?' The answer is quite simple; you invest in technical gear that has been manufactured to perform and, if you don't wash it in the correct technical way, it won't perform as it should.

Let's begin by looking at technical clothing, such as hard shells and waterproof trousers. This breathable clothing repels water, keeping you warmer and drier. All of this outdoor apparel uses a durable water-repellent finish (DWR) to keep you dry. The way it works is the finish forces water to bead away when it rains, while also allowing water vapour to escape – keeping you dry inside and out. This is great, when it's fresh and new, but over time, the finish can wear away, causing your gear to absorb water, rather than repelling it, and resulting in wet and clammy adventures outdoors.

The great thing is, it's so easy to care for DWR treated clothing, meaning the performance you invested in will last. Grangers has a range of products to make your life as easy as possible.



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GetOutside Spring/Summer 2020

STEP BY STEP GUIDE

Grangers advises that cleaning should always be the first step.

Often the membrane can become blocked by dirt and grime so a simple clean with its **Performance Wash** will restore any existing repellency. This product is so easy to use; simply pop one capful in your washing machine drawer, in place of normal detergent, and wash according to care label instructions. Regardless of whether you live in an area of hard or soft water, the 50ml capful will clean your gear to like-new appearance.

If, once cleaned with Performance Wash, your gear doesn't bead as before, then again, there's a simple solution and Grangers offers two main products for you to use, depending on preference.

Clothing Repel is a wash-in reproofer that works the same way as Performance Wash, by pouring into the washing machine drawer, or **Performance Repel** is a spray-on product that you apply while your clothing is still damp. Both of these products offer durable performance when air-dried, however, Grangers recommends that with any reproofing treatment you should try to apply a small amount of heat, if care label permits, such as 15 minutes in the tumble drier or a hair dryer, to ensure that extra level of durability.

If you're stuck for time and want to quickly clean and reproof your gear before tomorrow's outing, then you'll be pleased to know that Grangers is the only aftercare brand to offer a two-in-one cleaning and reproofing product for both clothing and down. So, if you don't have time to do the two-step process, this is definitely your answer.

It turns out, after speaking to the Grangers team, that looking after footwear is just as

simple. The same process of cleaning and reproofing applies, but for this it offers two spray on products, **Footwear + Gear Cleaner** and **Footwear Repel**. The handy **Footwear Care Kit** also includes a brush for removing stubborn caked-on dirt and a free **Leather Conditioner** to treat all your leather footwear. Grangers' top tip for looking after footwear is always treat it before its first outing. That way, you're initially protecting it from any rain and stains, preempting what its first adventure might bring.

For your gear that gets sweaty – if you're wearing close-to-skin base layers, like to jog, run, cycle, lift weights etc – then there's a way to protect your gear from lingering odours that can start to imbed in the fabric. That's Grangers **Active Wash**. This simple-to-use product needs just one capful adding to the washing machine drawer. Instead of masking odours with perfumes, in the way that normal detergents do, it heads straight to their cause, ensuring that your gear remains fresh. It also reduces drying times and improves wicking properties, meaning your gear performs as it should, however much you exert yourself.

As you can see, it really is simple to look after your gear. However, we know some of you might still wonder why you should use Grangers, and why it matters if you want to regularly replace your outdoor clothing.

Well, of course, it doesn't, if you really want to spend money on updating your outdoor clothing regularly, then that is up to you. However, these top tips will not only save you money but also have a really positive impact on the environment. As, according to WRAP, extending the life of clothes by just nine extra months of active use can reduce carbon, water and waste footprints by around 20–30 per cent each.





ECO COMMITMENT

This sustainable approach to an active life is something that Grangers is very passionate about. As a company with a heritage spanning as far back as 1937, it knows all there is to know about aftercare, having even protected the gear for the first Mount Everest Summit in 1953. The company has always cared about looking after the world we love to explore and was the first aftercare brand in the world to produce water-based protection products and obtain bluesign® system approval.

Grangers is committed to keeping you warm and dry in the most environmentally-responsible way and, from June 8 (World Ocean's Day), is changing its bottles to Ocean Waste Plastic (OWP), as well as launching its 2020 Eco Pledge, which contains many other exciting new updates.

Grangers is aware, though, that the current times we face are making it difficult to stay motivated and that our time outdoors is limited. Although we can't head out for the day and explore with our friends and family as we'd like, Grangers believes that our limited time outdoors should be maximised and is currently sharing its top tips on its social media pages with the #grangersactiveisolation. These tips incorporate Grangers own advice, along with its ambassadors and followers, and there is extra info and advice on the website, too.

Grangers also doesn't want to stop pushing forward in finding ways to protect the world we love, especially when these turbulent times are over, and we can get outside much more. Therefore, it has recently launched a survey to help the brand understand you, your care habits, what's important to you when it comes to purchasing and wearing your active gear, all so it can look towards the future and next steps.

So, as well as using this time to #getoutside safely, stay active at home and outdoors to protect your mental and physical health, why not also take the time to protect your gear so that it lasts, is clean from the current uncertainty that lingers in the air and get it ready for longer adventures? And, while you're at it, why not help to make a difference, by filling out the survey, too?

► If you want to know more, follow @grangersofficial on Instagram or head to www.grangers.com and remember #withgrangersyoucan

Grangers®



GET STARTED IN THE MOUNTAINS

Mountain Training is the awarding body for qualifications in walking, climbing and mountaineering leadership and here, the organisation's Nicola Jasieniecka shows how you can get started.

Do you often look at pictures of other people's mountain adventures and think, 'wow, I'd love to do that!' and then carry on with your day, wishing you knew how to? Well, here it is, a couch to summit guide for people new to walking in the mountains. We've done our best to adapt it for the current situation regarding Coronavirus and please follow all up to date guidance from the Government before deciding whether or not to go for a walk.





HOW TO NAVIGATE

If you can read a map, you can learn to navigate.

Map reading is all about becoming familiar with the colours and symbols on the map and understanding what they look like on the ground, so spend some time looking at the map and referring to the key each time you can't identify something. You can practice the first stage of navigation in your local park before venturing into the hills – find your street and the park on the map and then, holding the map in front of you, rotate it until it's orientated correctly.

A compass will support your navigation by allowing you to measure distances, orientate your map if the visibility is poor and walk in the right direction by using a bearing. There are some great YouTube videos available to help you learn to use a compass – check out Glenmore Lodge's Navigation Introductory Skills playlist to get you started.

A smartphone with a hill walking navigation app, such as the Ordnance Survey's OS Maps, can be a useful aid but if used alongside your camera and data roaming, will quickly lead to a low battery. You also need to know how to navigate in the first place in order to use a navigation app effectively so learn the skills first and then you can be more flexible with which tools you use.

Remember that hills are all about three dimensions, so starting to understand what the contour lines mean will greatly increase your navigational ability.

FIND A FRIEND

Walking solo can be a really fulfilling experience but in these challenging times, and because you're relatively new to hill walking, walking with like-minded people while you find your mountain feet is the sensible thing to do. You're aiming to reduce the likelihood of needing the emergency services which might be required if you get lost or injured.

Due to the current Coronavirus situation, you should walk a sensible distance apart (the current recommendation is two metres), whilst practicing your navigation skills and looking out for each other's safety and wellbeing. Everyone should have their own map so they can all learn how to interpret it – this is good practice anyway and particularly important now.





WHAT TO WEAR

Walking boots or walking shoes are a must and there are options for all budgets. If you're planning to stick to managed trails, walking shoes will be fine as long as they have a robust midsole to support your foot and therefore your walking pattern – fashionable trainers just won't cut it.

If you're planning to venture onto uneven or broken ground, which describes most mountains in the UK, you will be grateful for the ankle support and rigidity provided by walking boots. Boots will also keep your feet drier if it's raining or if the ground is wet, because they cover your ankle and the lower part of your leg so you can happily splash and squelch your way across the hillside.

Synthetic layers such as fleece help to keep you warm and still function well when they're wet. Materials such as cotton T-shirts, jumpers and jeans do not so it's best to avoid these. Aim for a few different layers so that you can react to the changing weather or effort required during different parts of the journey. Your gym kit may provide some suitable base layer options so you don't have to buy a whole new set of clothes before heading out into the hills.

A waterproof jacket and trousers will help to keep the worst of the rain off so that your other layers can continue keeping you warm. Most modern waterproofs are made of a breathable fabric that keeps the rain out while allowing your sweat to evaporate.

THE GREAT BRITISH WEATHER

Sun, wind, rain, snow, fog and countless other weather features have shaped our landscapes and given us these stunning landscapes to enjoy. We can't change the weather, but if we know what's likely to happen, we can at least dress appropriately and make the right decisions about where to go.

Check the weather forecast using either the Met Office or Mountain Weather Information Service (MWIS) websites, which both have forecasts for upland areas. Wear and pack the right clothing according to the forecast and make sure you take enough food and water to sustain your journey, plus a bit more just in case.



Mountain Training is the awarding body for qualifications in walking, climbing and mountaineering leadership. Training and assessment courses are delivered by approved providers across the UK and Ireland. They also approve providers to deliver Hill & Mountain Skills courses for those new to the outdoors. Full details of all of their schemes can be found at www.mountain-training.org

WHERE TO GO

The UK is lucky to have lots of green spaces and beautiful places to explore, many of which are probably closer than you think.

Buy an Ordnance Survey map for your local area and see what hidden gems are just around the corner. The ordinarily popular mountain areas of North Wales, the Lake District and the Scottish Highlands are likely to be an unjustifiable distance for most people to travel at the moment (and travelling to tourist destinations is currently not recommended during the pandemic) so take advantage of this opportunity to enjoy lands closer to home and be creative with your routes.

STAYING SAFE

While the NHS and emergency services are operating at full capacity due to the spread of Coronavirus, it's now more important than ever that you make sensible decisions to keep yourself safe in the hills. Avoidable hazards such as steep rocky ground must be approached with caution and if you're in any doubt about your ability to deal with them, it's time to turn back or find an easier route.

Brighter days ahead will provide opportunities for adventure; for now, keep it simple and well within your comfort zone.

FOR THE FUTURE

While life is currently very different, here's a short list of things to think about for the future:

- ▶ Mountain Training has a free e-learning module called Planning a Walk – it's available to anyone, you just need to create an account: <https://mt.tahdah.me>
- ▶ Consider attending an outdoor first aid course so that you know how to deal with various emergency scenarios in the hills.
- ▶ Get some training from a professional Mountain Leader to give your skills and confidence a boost.
- ▶ Set yourself some mini challenges or goals; these could be walking a particular distance or height, either during one journey or in total throughout the year, summiting a particular mountain or visiting a new National Park. Most people enjoy having goals and now is a good time for research and inspiration!



FUEL YOUR RUN

Whether you're a seasoned runner or trying jogging for the first time, how you fuel before and after your session makes a huge difference. Charlie Watson knows this first hand and here, explains why she runs, her journey to marathon runner, and the top tops as a dietitian on fuelling your workout.

I started running because of grief. Losing one of my best friends, Vic, to depression at the end of our university days was my first experience of loss and I took it hard. Ten years ago, talking about mental health issues, or just 'not being OK', was more taboo. I wanted to do something positive in memory of him, to honour his life and, importantly, to raise funds and awareness for those struggling with their own mental health. So, I signed up for the 2011 London Marathon, with no real clue about how far a marathon was.

After being accepted onto the MIND team, I exaggerated and said I had already started training. That evening, I went for my first run and made it just 100 metres down the street before having to stop and pretend to stretch. I was embarrassed to be so out of breath in front of the teens standing at the bus stop nearby. Undeterred, I soon discovered running blogs, found a Hal Higdon beginner marathon training plan, and started to lace up my trainers three or four times per week.

Unfortunately, my inexperience meant that I didn't stretch, strength or cross-train, and so I found myself injured just a few weeks before the marathon that year. Luckily, I was able to defer my place and trained with renewed confidence, fitness and enthusiasm for the next year. I finished my first marathon, the 2012 London Marathon, in four hours, 54 minutes and 59 seconds.

I didn't fuel during that first race – no gels, just a couple of sweets grabbed from course spectators. But there was no 'never again' moment after crossing that finish line. I knew immediately that not only did I want to do it again, but next time, I wanted to run faster.



Lessons in nutrition

In the beginning, I would get back from a long run and immediately tuck into a packet of chocolate biscuits (usually eating the whole pack) with a cup of tea. Unsurprisingly, I put on weight. I thought that running long distance would mean the pounds just dropped off.

But I changed my training completely for my second marathon, completing more speed workouts, cross-training, hitting the gym, and learning more about what to eat. I lost weight during that period, simply from changing my training and eating more mindfully. In 2013, I ran the New York City Marathon, finishing in 4.09.45 – a 45 minute improvement and on a much hillier course. I've since completed all six Marathon Majors (London, Berlin, Chicago, New York, Tokyo and Boston), earning a Six Star Finisher Medal, and dropped my personal best marathon time to 3.38. I'm hopeful that by the time you read this it will be sub-3.30 or close!

It was around the time of the New York City Marathon that I started to research more about what I should be eating to support my training, and translating what I was learning about nutrition from magazines and websites into healthier meals. I was working at *Good Housekeeping* at the time, writing and testing recipes for the magazine and website, and so my new interest in health found its way into the food, recipes and recommendations we were making in the magazine. I was also discovering how much misinformation is out there and just how confusing the world of nutrition can be. Few of the blogs I was reading were backed up with any scientific credentials. I discovered that, while anyone can call themselves a 'nutritionist' without any formal credentials, in the UK, a dietitian is a protected title. To become a Registered Dietitian, you have to complete a three- to four-year degree course.

The basics

When I tell people that I'm studying dietetics, they often ask me about what they should be eating. While every person is different, the one piece of advice I share with everyone is to eat real food. By this, I mean minimally processed foods as close to their natural form as possible.

Ever tried to eat a whole tube of Pringles or a 'sharing bag' of crisps? It's scary how much of a dent you can make in them just by yourself. However, try to over-eat fruit, vegetables or whole grains without any additives and it's much harder. A recent

study showed that eating processed foods can actually cause a rise in hunger hormones (such as ghrelin) and increase over-eating. It also showed that participants who ate an unlimited real food diet had higher levels of PYY (a natural appetite-suppressing hormone) and lower levels of ghrelin. They also had a better micronutrient intake.

Personally, I don't count calories. This is because I think it's important that you fuel your runs appropriately and can be sure that you're getting enough calories and carbs for your workout or race.

There isn't a 'one rule suits all' approach to nutrition. Each body is different, and needs to be fed differently, although the general rule that you should eat a combination of carbs, fat and protein is universal. Also true for all is the fact that the body thrives best on whole foods with a high nutrient quality. So, do what works for you: count calories, track your macros and weigh your food if you find that helpful and not harmful. Just remember that eating should be enjoyable, social and nourishing – try not to lose sight of that.

Rest days

Rest days are a crucial part of training and are actually when most of your 'gains' occur, through the growth of lean muscle.

Insulin plays a key role in this, and for insulin to be released into the body, we need to eat. When we eat, in particular carbohydrates, glucose is absorbed from our gut into our bloodstream, raising blood glucose levels and signalling to the pancreas to release insulin. If you don't eat enough, then you won't have sufficient insulin for muscle growth and repair.

I like to look at energy balance/calorie intake over a week rather than in individual days. So, while it's important to fuel yourself appropriately for your daily exercise requirements and to fuel your recovery, I tend to eat much the same on rest days as I do on the days that I train. Additionally, you want to gain the maximum benefits from your rest days, which are for muscle repair, replenishment of glycogen (energy) stores and aiding recovery. In order to do this, you need to consume sufficient carbohydrates and protein.

Ensure you eat good quality carbohydrates. Whole grains, fruits, vegetables and beans, alongside lean protein from meat, fish, dairy, eggs or plant-based sources, provide the amino acids essential for muscle repair and growth.



Protein

One of three macronutrients, protein is essential for a number of roles within the body.

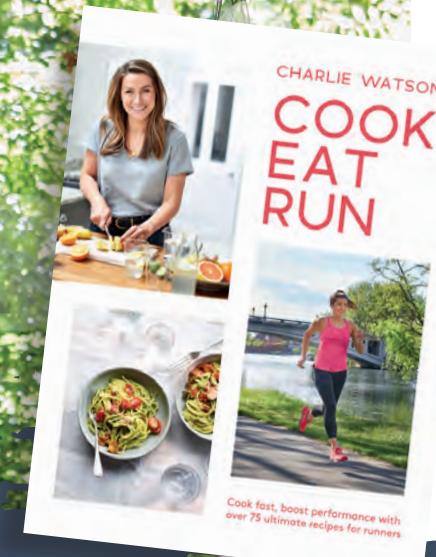
We runners, gym junkies, endurance enthusiasts and fitness fans are probably most concerned with the role that it plays in muscle building and repair. If we refuel and recover properly, the work we do in the gym and on the road and trails will lead to improvements in strength and speed.

Protein is also important to help stave off ‘hanger’ – it is arguably the most satiating macronutrient as it takes the longest for the body to digest. It also plays a crucial role in hormone function, in particular, insulin, which helps regulate blood sugar levels. Furthermore, insulin is important for the body’s breakdown of glucose into energy – pretty crucial to avoid hitting that wall at mile 20! UK Government guidelines give the average person a requirement of 0.8g of protein per kilogram of bodyweight per day – around 35 per cent of our diet. But, if you’re reading this, you’re probably not average. Athletes’ requirements are likely to be higher.

For runners, that means between 1–1.2g/kg bodyweight/day, and for those who are doing a lot of strength training, that increases to up to 2g/kg bodyweight/day (according to the American College for Sports Medicine, Dieticians of Canada and the Academy of Nutrition and Dietetics). Ensuring that you have enough protein at each meal (around 20g), and eating it regularly throughout the day with each meal and snack, should keep you full and will help you meet your daily protein targets.

Without overcomplicating things (because, let’s face it, I only learned the names of all the amino acids during my dietetics degree to pass the exam), protein is made up of 21 amino acids, nine of which are known as the essential amino acids. These essential amino acids can’t be made in the body and are therefore crucial to obtain from your diet.

Complete proteins contain all nine essential amino acids. These are mostly animal proteins (meat, fish, eggs, dairy), however, some plant-based proteins, such as quinoa, are also ‘complete’. Most plant-based proteins are missing a few amino acids, and therefore need to be eaten in combination with other proteins to become complete, for example, rice and beans, or bread and hummus. This can be done throughout the day, rather than at just one meal, however, I find it easiest to remember them in pairs!



COOK EAT RUN by Charlie Watson

Nutrition can get so overcomplicated, with specialist ingredients and confusing, often seemingly contradictory, science. This book is aimed at runners of all levels – even those who are struggling to call themselves runners right now (side note: if you run, you’re a runner, no matter your pace or distance).

Whether you’re building up for your first 5K, have decided to run a marathon, or are training for any length in-between (or beyond), I hope this book inspires you to get into the kitchen and rethink your nutrition and encourages you to keep working towards your goals.

► Article extracted from *Cook Eat Run* by Charlie Watson (Hardie Grant, £15) Photography © Maja Smend.



Fibre

Soluble fibre is easily digested by our gut bacteria and is found in oats, fruits, legumes and vegetables. As well as forming natural gels that soften stools, it may also help maintain stable blood glucose and healthy cholesterol levels. Insoluble fibre adds bulk to your stool, making it easier to pass and is found in whole grains, vegetable skins, nuts and seeds. Most fibre-rich foods typically contain both kinds.

UK Government guidelines suggest we should be eating 30g fibre per day, including both soluble and insoluble fibre. However, according to the British Nutrition Foundation, currently most of us aren't meeting these targets, with most women consuming just over 17g per day and men around 20g per day.

The one time I'd be a bit wary of overindulging on fibre is the night before or the morning of a race. In fact, I know a number of runners who reduce their fibre intake in the three to five days prior to their goal marathon. Don't go too crazy when cutting out the roughage from your diet though – you know that the pre-race bathroom visit is crucial for a good race day (overshare!).

Carbohydrates

Recently, carbohydrates seem to have become the most villainised macronutrient, but they are a runner's best friend, providing the largest single source of energy in the diet (between 45–65 per cent of our total diet). Glucose is the muscles' (and brain's) preferred energy source, most of which comes from carbohydrate breakdown. When glycogen (carbohydrate energy) stores are depleted, stored fat can be burned to provide energy.

Typically, when we think of carbs, the first things that come to mind are bread, potatoes, rice, oats and grains, but fruit, vegetables, beans and legumes are also great sources in your diet. Simple carbohydrates (such as glucose and fructose) are broken down and absorbed quickly into the bloodstream to give a fast energy boost. Real food versions are found in fruit, milk, yoghurt, cakes and juices. Complex carbohydrates, also known as polysaccharides, are made up of multiple sugar groups linked together. This makes it harder for the body to break them down, slowing down the release of energy into the bloodstream and giving you a longer-lasting energy burn. Examples are potatoes, quinoa or wholegrain rice; these are the types of carbs you want to have with most meals to keep your energy levels stable throughout the day, fuelling you through your workout, job, social life and whatever else you tackle. They are also key for longer runs/workouts, typically in combination with simple carbohydrates to replenish glucose when your stores start to get low.

An example would be having a bowl of oats and a banana for breakfast before a 14 mile run, then consuming an 'energy gel' at seven miles to keep you powered up to the end of the run.

Fat

Low fat? Reduced fat? No fat? Full fat? During the 1980s and '90s, this macronutrient was the 'enemy' of health. Now, thankfully, we're steering away from that mentality and realise how important it is to include fats in our diet.

Roughly speaking, fats are broken down into three types: saturated, unsaturated and trans fats (although, in reality, most food sources are a combination of fats in different proportions).

► **Saturated fats:** Solid at room temperature. Mostly found in animal products, for example, meat or cheese, but also coconut oil.

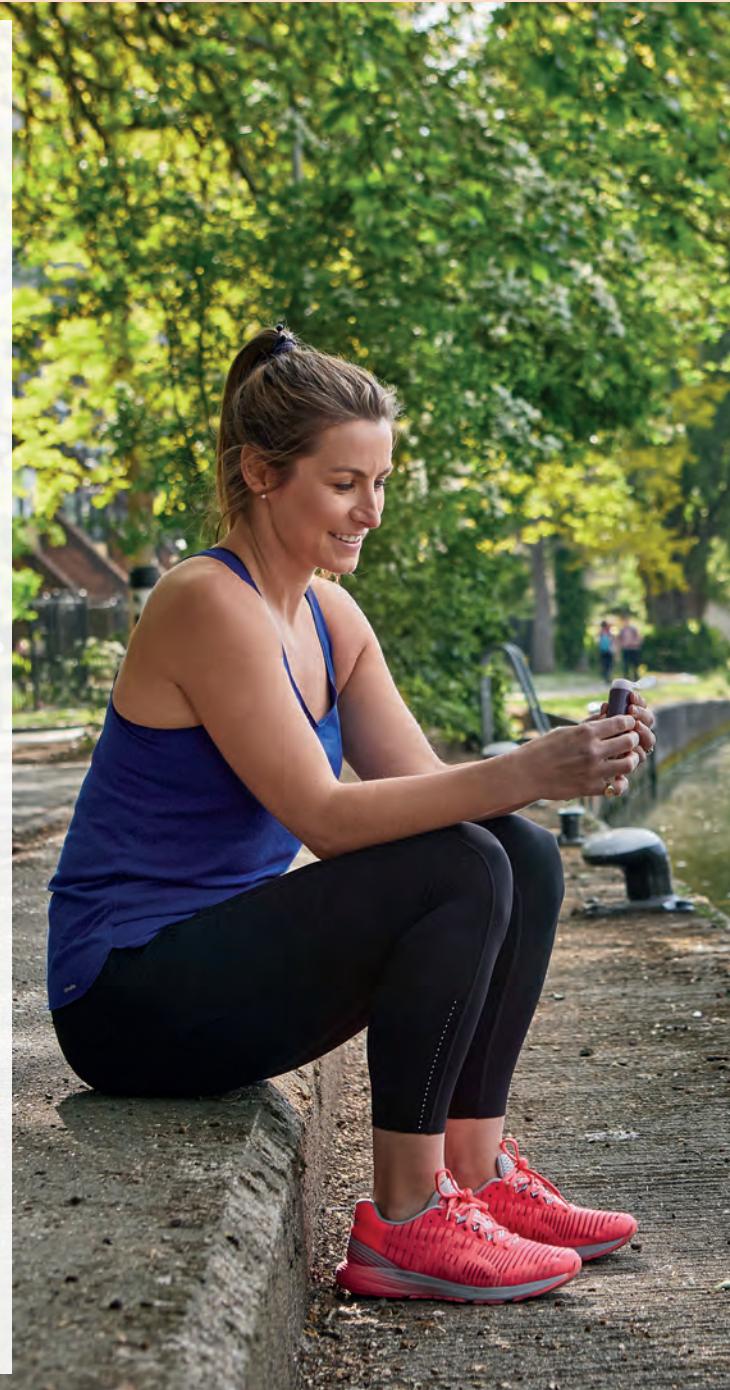
► **Unsaturated fats:** Mostly found in oils from plant and fish sources – and generally liquid at room temperature – unsaturated fats are both mono-unsaturated (fat molecules that have one unsaturated carbon bond) and polyunsaturated fats (fat molecules that have more than one unsaturated carbon bond), found in combination in olive oil, nut oils, in walnuts and sunflower oil, as well as in oily fish and avocado.

► **Trans fats:** Mostly artificially made. Should be consumed in limited amounts.

Fat is essential in the diet, and has a role in vitamin absorption, hormone regulation, and muscle growth and development. It should make up between 20–35 per cent of our calorie intake.

You've probably heard of omega 3 and omega 6 fatty acids: these anti-inflammatory types of fat cannot be made in the body and therefore must be consumed as part of our diet. Omega 3s are found in oily fish (salmon, tuna, mackerel), flaxseeds and walnuts, while omega 6s are found in vegetable oils. Studies have linked omega 3s with reduced risk of heart disease and stroke, as well as having a role in preventing mental health disorders, such as dementia and depression.

Both carbohydrate and fat are used as fuel during exercise. Carbohydrates are the main fuel for moderate to high intensity exercise, with fat providing energy for lower intensity exercise. We store more fat than carbs in our body (which is why we have to replenish carbohydrates as we run long distance), plus, with more calories in fat than carbohydrate, gram for gram, fat can provide energy for hours or even days.



Vitamins and minerals

Also known as micronutrients, vitamins and minerals cannot be made within our body and therefore must be part of our dietary intake.

We need 13 different vitamins to support growth and other functions within our body. They can be broken down into fat-soluble and water-soluble, and each plays a different role.

Fat-soluble vitamins: A, D, E, K

These vitamins can be stored in the body for months or years until they need to be utilised, meaning they don't have to be part of your daily diet.

► **Vitamin A:** Also known as retinol (you might recognise this from beauty products). Vitamin A helps keep the skin and the lining of your respiratory tract, the gut and the bladder healthy, as well as helping vision in low light. It is essential for the normal functioning of your immune system.

► **Vitamin D:** You'll find it in oily fish, dairy, eggs and red meat, as well as in fortified breakfast. Vitamin D can also be absorbed transdermally through sunlight. Even those of us who run outside regularly may still be vitamin D deficient, especially during the winter months, and if using high-factor sunscreen in the summer. The current UK advice is for all adults to take a 10mcg supplement during autumn and winter.

► **Vitamin E:** A fat-soluble vitamin also linked to healthy skin and eyes, as well as normal functioning of the immune system.

► **Vitamin K:** Essential for blood clotting and wound healing. There may also be a link between vitamin K and bone health and maintenance.

Water-soluble vitamins: C and B complex

Found in a wide variety of foods, these cannot be stored in the body and it's therefore essential you have an adequate intake from your diet.

► **Vitamin C:** Found in (bell) peppers, broccoli, sweet potatoes and Brussels sprouts, citrus fruits, kiwi and blackcurrants (as well as other fruits).

► **B12:** B12 is commonly deficient among vegans and runners on plant-based diets as it is not found naturally in many plant foods. However, it is added to fortified breakfast cereals and found in yeast extract (so slather it on, Marmite lovers!). It is naturally found in meat, fish, eggs and dairy, and it is utilised in the body to release energy from food, make red blood cells and keep the nervous system healthy.



Minerals

Minerals are found in non-living matter, such as rocks and earth. They are absorbed into plants, which are eaten by us (or animals) and become part of the food chain. Deficiencies tend to occur when you cut things out of your diet, such as following a vegan or vegetarian diet.

► **Iron:** This seems to be a common deficiency amongst runners, especially female runners. It is found in meat, fish, poultry, eggs, beans, nuts, whole grains, fortified breakfast cereals and green leafy veg. Iron enables red blood cells to carry oxygen around the body and therefore deficiencies can hinder athletic performance. Animal sources of iron are more easily absorbed by the body than plant sources, which leads to increased rates of deficiency among vegans and vegetarians. Try to eat your plant-based iron sources alongside a serving of vitamin C (such as orange juice, broccoli, red (bell) pepper) to aid absorption, and avoid tannins in tea and coffee an hour before or after, which can reduce absorption.

► **Iodine:** Traditionally, milk in the UK was fortified with iodine, however, the switch away from dairy towards plant-based milks has seen iodine intake decrease and we are beginning to see iodine deficiencies for the first time in many years. An iodine deficiency can lead to thyroid issues, so including it regularly in your diet is important. You'll find it in fish, shellfish, seaweed, dairy products and iodized salt.

► **Calcium:** Not only linked to teeth and bones, calcium is also important for muscle contraction. Found in dairy, fortified plant-based milks, leafy green veg, lentils, beans, tofu, chickpeas (garbanzo beans) and canned fish with soft edible bones. Absorption of calcium is linked to vitamin D, so you'll often see supplements combining the two.

Hydration

Taking in fluid during a run, whether it's a race or a training run, is a key issue for a runners. Dehydration, particularly during long runs, is a serious concern. Regular fluid ingestion is crucial to normal body function and sports performance, and so getting your fluid balance right is key.

Hydration tips include:

- Start hydrated. We should be drinking six to eight glasses of water per day, although if you're living in a hot climate or exercising intensely, this will be greater. Typically, around 35ml per kilogram of bodyweight is what we use to calculate how much fluid you need to drink per day.
- You can use urine colour as an indicator of hydration status: clear straw or light yellow is the aim.
- In general, runs under one hour shouldn't require fluid intake (if you're sufficiently hydrated already and it's not very hot).
- For longer runs or particularly intense workouts, either water or an electrolyte drink can help you stay hydrated.
- A 'little and often' approach is usually best during a race.
- If it's hotter than you're used to on a training run or race day, dress appropriately and slow your pace, as even increasing your fluid intake won't necessarily cool you down.
- Don't 'bulk drink' before you run – the body simply cannot absorb it. Between 300–600ml taken an hour or two before your race/run, should be sufficient, especially when combined with mid-race fluid intake.
- Try to drink around 500ml fluid within 30 minutes of finishing your workout.
- Don't ignore thirst during a race. If in doubt, drink to thirst.



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EATING ON THE RUN

Runner and Dietitian, Charlie Watson, teaches us how to cook faster to perform better



OAT BERRY BREAKFAST BARS

Think you don't have time for breakfast? Think again. These breakfast bars can be made at the weekend and used throughout the week for a delicious brekkie to eat while on the go, during your commute or even at your desk. They also make a great afternoon snack. Refuel after a morning workout or prepare for one later in the day with these filling bars.

MAKES 12

INGREDIENTS:

- 250g (9oz/2 2/3 cups) rolled (old-fashioned) porridge oats
- 1 large banana, thoroughly mashed
- 1tsp vanilla extract
- 1 medium egg, whisked
- 220ml (7½ fl oz/scant 1 cup) skimmed milk
- 2tbsp sunflower oil
- 1tsp ground cinnamon
- ½ tsp baking powder
- 150g (5½ oz/heaped 1 cup) raspberries
- 150g (5½ oz /1¼ cups) blueberries

METHOD:

- Preheat the oven to 180oC/350°F/gas mark 4 and line a 20cm (8in) square baking tin (pan) with baking paper.
- Put 100g (3½ oz/1 cup) of the oats into a food processor and process to a flour.
- In a large bowl, mix together the banana, vanilla extract, egg, milk and oil until well combined. Stir in the oat flour and the remaining oats, cinnamon and baking powder, before folding in the berries.
- Pour the batter into the prepared tin and bake for 35–40 minutes, or until the edges are golden and the mixture is set. Remove from the oven and let cool in the tin before slicing into 12 bars.
- Wrap the bars in cling film (plastic wrap), store in the refrigerator and consume within one week. Alternatively, wrap each bar individually and freeze, then defrost overnight as needed.



OATMEAL RAISIN 'COOKIES'

These were the first energy balls I ever made, years ago when they were becoming trendy. I've since made these regularly, and have a constant stash in the freezer, ready to grab and go. These also make for delicious running or cycling fuel. Leave them to defrost slightly before eating, or pack into a zip-lock bag or Tupperware container to take out with you and enjoy when fully thawed.

MAKES 20 BALLS

INGREDIENTS:

- ▶ 150g (5½ oz/1½ cups) quick-cook porridge oats (instant oatmeal) or rolled (old-fashioned) oats
- ▶ 100g (3½ oz) dates
- ▶ 125g (4½ oz/generous ½ cup) peanut butter (smooth or chunky)
- ▶ 1tbsp ground cinnamon
- ▶ 1tsp vanilla extract
- ▶ 1tbsp honey (manuka is great for its antibacterial properties)
- ▶ 125g (4½ oz/scant 1 cup)
- ▶ Raisins or sultanas (golden raisins)

METHOD:

- ▶ Put the oats into a food processor and pulse for 20 seconds if using quick-cook oats (oatmeal) or one minute if using rolled (old-fashioned) oats. Add the dates, peanut butter, cinnamon, vanilla and honey, and pulse for about one minute, until the mixture starts to come together. Add the raisins and pulse for another 15 seconds.
- ▶ Line a baking sheet with baking paper. Divide the mixture into 20 small balls (each about the size of a walnut). You may need to really squeeze them to bring them together. Arrange on the baking tray and chill or freeze until solid.





PRE-RUN PIZZA

Runners love pizza. Perfect either for pre-run fuelling or as a post-race celebratory dinner, this homemade version is delicious. I love pepperoni or ham and pineapple on my pizza – I know that is sacrilege for Italians, but on the photoshoot for this book we found that the whole team loved it, so I can't be that weird! The tomato sauce makes double what you will need to top the pizzas, but it can be frozen or kept in the refrigerator for up to a week.

MAKES 2 25CM (10IN) PIZZAS

INGREDIENTS:

For the dough:

- ▶ 230g (8oz/1 2/3 cups) strong white (bread) flour, plus extra for dusting
- ▶ ½ tsp salt
- ▶ ½ tsp fast-action dried yeast
- ▶ 2tbsp extra virgin olive oil, plus extra for greasing
- ▶ 150ml (5fl oz/2/3 cup) lukewarm water

For the sauce:

- ▶ 2 cloves garlic, crushed
- ▶ 1 400g (14oz) can chopped tomatoes
- ▶ Small handful fresh basil leaves
- ▶ Pinch sugar (optional)
- ▶ 1tsp balsamic vinegar

For the toppings:

- ▶ 1 125g (4½ oz) buffalo mozzarella ball, drained and torn into pieces
- ▶ Handful of your choice of ham, cooked

chicken, pineapple chunks, cooked mushrooms

- ▶ Freshly ground black pepper

METHOD:

- ▶ To make the dough, sift the flour and salt into a large mixing bowl, then stir in the yeast. Make a well in the middle of the mixture, then pour in the oil and water, stirring until you have a soft but not sticky dough.
- ▶ Turn the dough out onto a lightly floured work surface and knead for 10 minutes until smooth and elastic. Put into a lightly oiled bowl, cover with a clean tea (dish) towel and place in a warm place to rise for one hour.
- ▶ Meanwhile, make the pizza sauce. Put the garlic, tomatoes, most of the basil, sugar (if using) and balsamic vinegar into a food processor and blitz together until smooth. Set aside.
- ▶ Preheat the oven to 230°C/450°F/gas mark 8 and lightly grease two large baking sheets.
- ▶ Knock the air out of the dough and divide it in half. On a lightly floured surface, use a rolling pin to roll out each half to a circle 25cm (10in) in diameter, then transfer to the prepared baking sheets.
- ▶ Spread the bases with enough pizza sauce to cover, then top with mozzarella and your preferred toppings. Bake for 10–15 minutes, or until crisp and golden.
- ▶ Serve, garnished with the remaining basil leaves and plenty of freshly ground black pepper.



POST-RUN PIE

This takes a while to make, but can be left to bubble on the stove or in a slow cooker while you go for a run (with someone else at home to check on it). Alternatively, make it in advance and refrigerate, then just bake when you're ready to go.

SERVES 6–8

INGREDIENTS:

- 750g (1lb 10oz) beef stewing steak, cut into 2.5cm (1in) cubes
- 3tbsp plain (all-purpose) flour
- 2tbsp olive oil, plus extra as needed
- 4 shallots, peeled and quartered
- 200g (7oz) button mushrooms, halved if large
- 4 sprigs fresh thyme
- 2 carrots, roughly chopped
- 400ml (14fl oz/1 2/3 cups) beef stock (bouillon)
- 200ml (7fl oz/scant 1 cup) red wine (optional, swap for beef stock/bouillon if you prefer)
- 1kg (2lb 3oz) potatoes, peeled and roughly chopped
- 3 parsnips, peeled and roughly chopped
- 1tbsp butter
- 40g (1½ oz/½ cup) Cheddar cheese, coarsely grated
- Salt and freshly ground black pepper, to taste
- Peas and seasonal veg, to serve.

METHOD:

- In a large bowl, toss the beef in the flour with plenty of seasoning. Heat half of the oil in a large heavy saucepan (with a lid) over a medium-high heat and brown half of the beef. Remove using a slotted spoon and set aside. Repeat with the remaining oil and beef, then remove and set aside.
- In the same pan, fry the shallots and mushrooms for 10 minutes until softened (add a little extra oil if the pan looks too dry). Return the beef to the pan, then add the thyme, carrots, stock (bouillon) and wine, if using. Bring to the boil, then reduce the heat to low, cover and simmer gently for 1 1/4–1½ hours, until the beef is tender.
- Preheat the oven to 200°C/400°F/gas mark 6.
- Meanwhile, put the potatoes and parsnips in a large saucepan and cover with cold water. Bring to the boil, then reduce to a simmer and cook for 20 minutes or until completely soft. Drain, then add the butter to the veg in the pan and mash together until smooth.
- Transfer the beef mixture to a deep baking or pie dish (about 30 x 23 x 6cm/12 x 9 x 2½in), top with the mash and sprinkle over the grated cheese. Bake for 20–25 minutes, or until the mixture is bubbling and the cheese is melted and golden.

Serve immediately with peas and seasonal veg.





SALTED WATERMELON SQUARES

Inspired by my favourite Margarita Shot Bloks, these could not be simpler. Unfortunately, the benefits of tequila for runners have not yet been proved, so I use watermelon juice instead. Watermelon contains L-Citrulline, an amino acid involved with nitric oxide synthesis (a gas that widens blood vessels) and glucose transportation into the skeletal muscle, which studies have linked to improvements in athletic performance.

With 36 calories and 8.7g (oz) of carbohydrates in these salty squares, you might want to take two to three in place of a regular gel, typically every 30–60 minutes.

MAKES 12

INGREDIENTS:

- 1tsp agar powder (1½ tbsp agar-agar flakes)
- 300ml (10fl oz/1b1/4 cups) watermelon juice
- 4tbsp caster (superfine) sugar
- Large pinch of salt

METHOD:

- In a large saucepan, mix together the agar powder and watermelon juice over a medium–high heat. Bring to the boil, then reduce to a simmer and cook for five minutes.
- Line a 450g (1lb) loaf tin (pan) with cling film (plastic wrap).
- Remove from the heat and stir in the sugar and salt. Pour the mixture into the tin and leave to set at room temperature for 30–45 minutes or in the refrigerator for 15 minutes.
- Turn out and cut into 12 large squares. Store in the refrigerator for up to two weeks.



Extracted from *Cook Eat Run* by Charlie Watson (Hardie Grant, £15) Photography © Maja Smend.

Eating for good health

At a time of much uncertainty, and with our usual nutrition and fitness regimes being harder to follow, how can you best support your health? We bring you some essential tips from the British Nutrition Foundation.

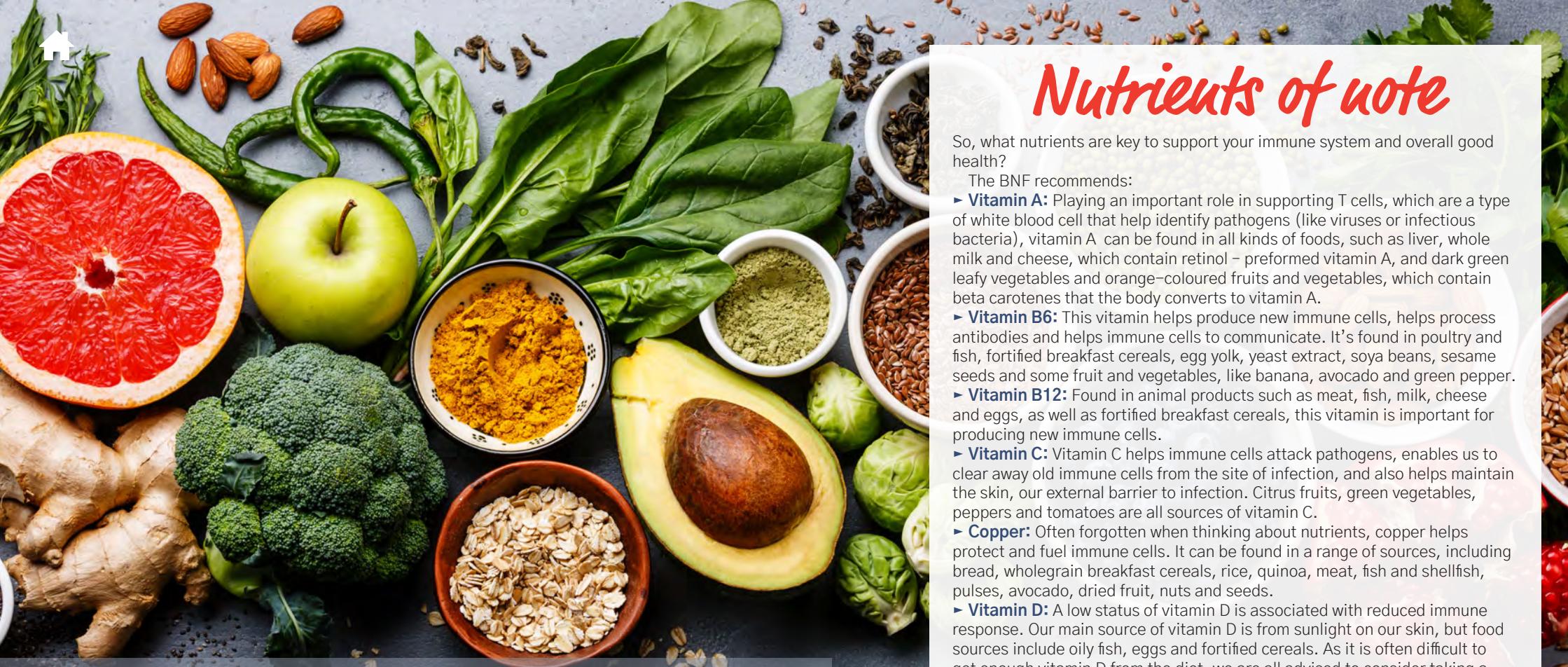
There has been much said about COVID-19 and the importance of our immune system; some of it has been useful advice, but other claims have been just that, serving to cause confusion among already concerned Brits.

So, to clear up the confusion and answer important questions, the British Nutrition Foundation has issued advice, busting the myths on nutrition and Coronavirus.

Sara Stanner, Science Director at BNF, explained: "In recent weeks, there has been a large volume of unfounded claims around nutrients which can help fend off the Coronavirus. Put simply, there are no foods or supplements that can protect you from the virus. But, in these times of crisis and unprecedented change, it is important that we don't forget to look after ourselves and take care of our health as best we can."

"With so many of us worried and stressed, now is not the time for lectures about healthy eating. But our diet does help support the immune system to cope with infections and so anything we can do to try and eat well can help us get all the nutrients our bodies need. Food is also a really important source of enjoyment – something we all need at the moment."





Understanding immunity

We should all be aware of our immune system and the key role it plays in keeping us healthy. But is this still the case when it comes to COVID-19? And why are our immune systems so critical?

A key point from the BNF is that eating a well-balanced diet is important for supporting the normal functioning of the immune system, and many nutrients influence the body's ability to fight infection. However, it is critical to address that there is no individual nutrient, food or supplement that will boost immunity, or stop us getting highly infectious viruses, like COVID-19.

The BNF explains that the immune system is a complex network of cells and chemical compounds that help defend the body against infections. To do this, a number of different nutrients are involved in supporting our immune system to work normally.

And remember, because each micronutrient plays a different role in the immune system, we need a variety, as opposed to just lots of one type.

Experts at the BNF add that such a wide range of nutrients (detailed opposite) that play a role in immunity demonstrates the importance of a balanced and varied diet for maintaining a healthy immune system; if you are worried that your diet will not provide you with all the nutrients you need, then you could consider a supplement – a multivitamin and mineral supplement may be the best approach so that you obtain a range of vitamins and minerals. However, it is always best to try to get as many nutrients as possible through food sources, as a healthy diet can provide a range of natural compounds that you will not find in supplements.

Nutrients of note

So, what nutrients are key to support your immune system and overall good health?

The BNF recommends:

- **Vitamin A:** Playing an important role in supporting T cells, which are a type of white blood cell that help identify pathogens (like viruses or infectious bacteria), vitamin A can be found in all kinds of foods, such as liver, whole milk and cheese, which contain retinol – preformed vitamin A, and dark green leafy vegetables and orange-coloured fruits and vegetables, which contain beta carotenes that the body converts to vitamin A.
- **Vitamin B6:** This vitamin helps produce new immune cells, helps process antibodies and helps immune cells to communicate. It's found in poultry and fish, fortified breakfast cereals, egg yolk, yeast extract, soya beans, sesame seeds and some fruit and vegetables, like banana, avocado and green pepper.
- **Vitamin B12:** Found in animal products such as meat, fish, milk, cheese and eggs, as well as fortified breakfast cereals, this vitamin is important for producing new immune cells.
- **Vitamin C:** Vitamin C helps immune cells attack pathogens, enables us to clear away old immune cells from the site of infection, and also helps maintain the skin, our external barrier to infection. Citrus fruits, green vegetables, peppers and tomatoes are all sources of vitamin C.
- **Copper:** Often forgotten when thinking about nutrients, copper helps protect and fuel immune cells. It can be found in a range of sources, including bread, wholegrain breakfast cereals, rice, quinoa, meat, fish and shellfish, pulses, avocado, dried fruit, nuts and seeds.
- **Vitamin D:** A low status of vitamin D is associated with reduced immune response. Our main source of vitamin D is from sunlight on our skin, but food sources include oily fish, eggs and fortified cereals. As it is often difficult to get enough vitamin D from the diet, we are all advised to consider taking a supplement of 10mcg a day from October to March, and all year round if we aren't often outdoors. This is something many of us may need to consider if mainly staying at home and particularly when self-isolating.
- **Folate:** Found in green vegetables, pulses, oranges, berries, nuts and seeds, cheese, bread and fortified breakfast cereals, folate also plays an important role in producing new immune cells.
- **Iron:** Helping to maintain the health of immune cells, iron has a variety of meat and vegetable sources. Heme-iron, which comes from meat sources of iron, like offal, red meat and fish, is more easily absorbed than non-heme iron, which is found in plant-based sources.
- **Selenium:** This nutrient is vital for producing new immune cells and can help to strengthen response to infection. It's found in nuts and seeds, particularly Brazil nuts, cashews and sunflower seeds, as well as eggs, offal poultry, fish and shellfish.
- **Zinc:** Found in a wide range of sources, from meat and poultry, to cheese and wholegrains, zinc helps produce new immune cells, helps develops 'natural killer cells' that help to fight off viruses, and supports communication between immune cells.



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